

ASR Heartsong Newsletter August 15, 2019

SATURDAYS AT FARMER'S MARKET FRANKLIN, NC. BEHIND RATHSKELLAR.  
8:00 TO NOON. We get there early, usually long before 7:00.

Faye & Allan Streiff. 828-524-8400 or [melc8399@icloud.com](mailto:melc8399@icloud.com). Allan's e-mail is [maury4372@icloud.com](mailto:maury4372@icloud.com). Faye's cell 828-200-4231

Faye is a Naturopath, herbalist and organic farmer/teacher

Allan is an international ag consultant, specializing in soil regeneration through biology and minerals, farmer/teacher. Allan's cell 828-421-7094

### **Farm Products:**

Coral mineral \$26. Per lb. Omri certified organic, Eco Pure brand. (Good internally, and I also use in the mineral mix for plants).

Green Drink \$26. Per lb. (has spirulina, chlorella, barley green, wheat grass, broccoli, kelp, dulse, bladderwrack and apple fiber) Detoxes gently, alkalizes the body, chelates out heavy metals, and nourishes adrenals.

Clinoptilolite (for detoxing heavy metals).

Faye's Miracle Complete Soil Mineral Mix 2# \$15. Now with added humate & Maury's mineral.

Jams/Jellies. (Most are \$5. For half pint). Elderberry, grape, blueberry, blackberry jam, mixed berry, and others.

Maury's Minerals \$15. (Quart container)

Foundation (for soil). Liquid or dry. (Humate)

Calcium Drench (for bugs on plants or when you need added vitality, or to correct blossom end rot on tomatoes. \$15.

Aqueous Silica (for people, animals or plants to make bones or stems stronger). 2 oz. bottle \$10. Only use 4 to 8 drops at the time.

Soil Moist (small pack \$3.) inoculates with many strains of mycorrhiza and keeps roots hydrated when transplanting)

Laminated Charts \$3. Favorite bread recipes; Herbal Teas and their Medicinal Uses; Favorite bean recipes; Making jams/jellies without added pectin; Garden Tips & Companion Planting, with soil temps for germination; Natural Skin Care, and others. These make great gifts too.

**Faye's Books & DVDs. Books are \$12 and DVDs are \$15.**

***Surviving Grid Down***

***Body Beautiful, Weight Loss & Rejuvenation*** (about finding your balance for optimum health)  
***Secret in the Well*** (based on the true story of the civil war and Faye's great, great grandmother hiding her son in a cavern in the well when he deserted near the end of the war, how they almost lost the plantation, survival skills they used and how the women/children managed to survive against all odds)

***Herb Walk DVD*** (over 40 plants at different seasons and how they are used) \$15.

***Organic Herbal Teas*** (most are \$5. Pint). *Not all of these are always in stock.*

*Catnip*

*Chameleon plant also known as fish mint because it likes to grow in water. Good for allergies.*

*Chamomile*

*Echinacea (sold out for now). Immune system support.*

*Gynostemma. Also called Chinese Immortality Tea as it greatly slows aging and increases immune system.*

*Blackberry Leaf*

*Raspberry Leaf*

*Blueberry Leaf (or Bilberry)*

*Chocolate Mint*

*Pineapple Mint*

*Spearmint*

*Peppermint*

*Violet*

*Peach*

*Mulberry*

*Kidney Cleanse (parsley & carrot tops)*

If you want a chart telling you which teas or herbs are good for what send an e-mail to [melc8399@icloud.com](mailto:melc8399@icloud.com) with "Request for Herbal Tea Chart" in the heading. I'll e-mail it back to you, two pages.

**Tinctures 2 oz.**

Black Walnut green hull. \$10

Catnip 10. (Relaxes you, helps muscle spasms or colic)

Cayenne 10

Echinacea 12

Ginkgo 10. (Helps circulation)

Parasite Cleanse 14

Plantain 10. (For UTI or bowel infection)

Sleep Formula 14

Tremor/Pain Formula 12. Half pint jar for \$35.

Usnea 14. (Natural antibiotic like, will not kill good gut flora)

Chameleon plant. 12. (For allergies or to strengthen lungs)

Acid Reflux Formula: \$12.

**New product:** Kidney cleanse powder (cranberry juice, corn silk and stevia) Add to water and drink. \$15. Jar (half pint). Pre order this please or we may not have it.

**PLANTS FOR SALE: Reserve ahead of time if you know what you want as some of these are limited quantities.**

**Basil, in pots, grow in a windowsill for winter. \$1. Each.**

**Thornless blackberry** \$18. Each. (Very large, super sweet, unknown variety) (not available until cooler fall weather)

**Rhubarb.** \$12. (Large, well established plants, from an old heirloom variety in the Streiff family over 50 years)

**Black Raspberry.** \$5. (Not available until cooler fall weather)

**Gynostemma** \$8. Potted (AKA: Chinese Immortality Tea)

**Hanging basket of gynostemma** \$30. Please reserve if you want one.

**American Elderberry** \$8. Large plant, field grown, will dig when ordered. Elderberry requires a wet area and will not transplant well in summer unless it is raining a lot.

**Blueberries** (large plants, potted). \$12. Each. Order in advance, these are field grown. Not available over summer.

**Horseradish** \$3.

**Forsythia** (2 year established plant in pot). \$5.

**HOSTAS** Large pots \$5. To \$8. Depending on how many in pot. Green or variegated.

**Spider Plants:** Small pot \$3. Small hanging basket \$5.

**Small ponytail palm** \$8. Large ponytail palm in pot, (aka: Elephant foot palm) 7 feet tall. \$100.OBO

**Growing Blueberries:** by Faye Streiff

The biggest, best blueberries grow in the Pacific NW in very alkaline soils. So what is the real scoop on the theory that blueberries need acid soil? They need fungal dominant soils, plenty of water and minerals. Long ago a friend told me to put a handful of goat manure around each plant and a few shovelfuls of pine bark. It worked beautifully but they weren't large and sweet as possible until I added calcium/ phosphorus and potassium (in the form of wood ash and I used ag lime and soft rock phosphate for the other, plus I also added various other things to complete the 80 trace minerals. I usually just use the mineral mix I make up myself, (which is also available at Farmer's Market). Blueberries need a certain type of mycorrhiza on the roots to harvest minerals and make it available to the roots. If you can't find this, you can also improvise by digging out some roots of mountain laurel or rhododendron and scraping it off their roots. Mix into the soil around your blueberries so it inoculates their roots. This makes them thrive. Never let the soil dry out around blueberries, they are shallow rooted and they will die if it does. A nice mulch, preferably the pine bark or similar works well. Pine straw alone is too porous, but mix it with large rotted leaves and it can work. This or the pine bark mulch, provides the fungal habitat they require to be healthy. With adequate moisture levels, minerals, and sunlight, your plants will grow fast and reward you with large clusters of abundant berries. Calcium along with its cofactor minerals, governs uptake of other nutrients, phosphates make the plant produce sugars, and the potassium triggers the plant to blossom and produce fruit. This is true for all plants.

**You Are What You Eat (or actually, what you assimilate)** by Faye Streiff

If crops are grown in mineral deficient soil, they can never have the minerals they need in order for the plants themselves to be healthy and certainly don't produce the vitamins they are supposed to have in order for the humans or livestock eating them to be healthy. Cattle grazing pastures, supposedly rich in Vitamin A, show deficiencies of Vitamin A if those pastures were over fertilized, especially with nitrogen. They have

runny eyes and noses and fail to thrive. Most of our soils are calcitic, meaning they are calcium rock as a base, but somehow farmers have to keep applying lime to those already calcitic soils. The reason? It isn't uptaking because the minerals are out of balance. It needs co factor nutrients for calcium to uptake. Glyphosate (which I wish was banned in all of the world) stops uptake of minerals not only in plants, which is the way it kills weeds, but it also stops the uptake of minerals in anyone who eats those plants. It also causes cancer, they know this, but greedy corporations and stockholders turn a blind eye to the real studies that prove this. Please do everything that you can to stop the use of glyphosate (Roundup or other herbicides), on our nation's soils. It leaches into the groundwater which gradually mixes with all the groundwater we are drinking, and evaporates into the air to come down in water vapor or rain on all land everywhere, damaging and sometimes killing plants even on the organic farms. All of us are getting exposed and the very young are most susceptible to the insidious evil effects of it. Are you taking magnesium but still show signs of magnesium deficiency? This may be the reason. I truly want all of you to be as healthy as possible. Eat organic and natural if you possibly can, drink pure water and that doesn't mean from a plastic bottle (it has harmful chemicals including the wrong kind of estrogen which leaches into the water). If you have trouble digesting your food, look at possible food allergies or intolerances. Eating starches with protein makes it impossible for most people to digest their food, so separate these foods. No starches with fruit either, and melon should be a meal unto itself on an empty stomach so it digests instead of fermenting. Too much sugar only feeds candida and can also feed cancer. A little natural sugars, like Turbinado, Sucanat or Rapadura is ok, and the really good stuff like honey or maple syrup. The brain needs a little sugar to function properly, but you don't want to get so much your body has sugar metabolism instead of fat metabolism. Get plenty of fat in the diet, some animal sources (grass fed only), and Omega 3, 6, 9. Freshly ground organic flax is a good way to get some of the good oils in your diet. Your body needs a balance of all of them. Purslane has the Omega 3 found in plants but also the type normally found in animal sources, so really great for vegans. I don't recommend a vegan diet, as so many nutrients are only found from animal sources. If you are diabetic you cannot convert beta carotene to Vitamin A, so will be deficient unless it comes from animal sources like grass fed butter, free ranging chicken eggs, or liver from animals raised naturally. Good eggs from those free ranging chickens are one of the healthiest protein foods (and most economical) you can eat. (However, not if you are allergic to eggs). Those eggs have plenty of lecithin which dissolves and keeps into balance the cholesterol. And while I mention that, let me add that cholesterol is not the bad guy it is often made out to be. Your hormones require cholesterol to function fully, just get the Omega oils you need and the "good LDL cholesterol will always be higher than the "bad HDL saturated type cholesterol. I think big pharma keeps pushing down the numbers on acceptable levels of cholesterol so they can sell more drugs. Just beware and be informed.

Plenty of high colored vegetables and fruits in the diet can make you feel younger, more energetic and vibrant. It will put color in your cheeks, help your circulation, make you live longer and have more quality in your life. It also keeps you in the alkaline range so your body can uptake minerals better. At least 3 servings a week of dark green leafy vegetables. If you can't get the vegetables you need, green drink can take the place of several servings of veggies. However, I firmly believe nothing can be as good for you as fresh, live veggies with enzymes intact, organically grown. Organic has more enzymes, probiotics, minerals and hopefully, none of the pesticides/herbicides found in conventionally grown produce. But that's only if the farmer knew what he was doing

and put those major and trace minerals in correct balance, on the soil. Generally, if the fruit or vegetables taste really good to you, it means they are nutrient dense and your body needs those minerals or vitamins. Pay attention, and unless your appetite is perverted from overuse of sugar or preservatives you have learned to crave, it will ask you for what you really need. Eat an apple a day, but only if it tastes good to you. Your body doesn't lie, it has an innate knowing of what it really needs. If you crave sugar, you either have candida and/or you are mineral deficient. You see, in nature, the sweet stuff is usually fruit, which is laden with life giving minerals. So eat primarily fruit instead of the overly sweetened pastries to satisfy that sweet tooth.

**Upcoming Classes** next few months: **If you are interested in any of these classes, let us know so we can make sure you are on the notify list.** We are trying to work around weather so will let you know time and date if we know you might be interested. Let us know what time frame/day of week works best for you. Please reserve classes in advance.

SEPTEMBER: **WELLNESS FAIR WORKSHOP. (Includes book).** Presented by Faye & Allan Streiff

An All Day workshop, healthy lunch provided. \$100. 10:00 to 3:00. Location and date to be determined. Couples \$175.

Discussion on a truly healthy & balanced diet and how it can benefit your body. Intermittent fasting and how it and diet can heal the liver and flush your colon and lymph system. Best herbs or foods to continually detox the body. What mineral deficiencies affect the heart, pancreas, tonsils, hair/nails, etc.

Oriental tongue diagnosis discussion, and how you can look at the fingernails, skin, hair, eyes and what different things mean pertaining to wellness. Pressure points to check for bone strength and ways to improve it naturally.

A quick check for how clogged your arteries are and easy ways to help clear them. What standing vs. sitting blood pressure indicates.

Lunch. (Soup, bread, salad)

Get a free scan/assessment by Faye and Allan Streiff, both medical intuitives. Faye is a naturopath. We are here to teach you how to manage your own well being and what to watch for in order to do that.

Get a free signed copy of Faye's book, **Body Beautiful, Weight Loss & Rejuvenation**, to take home. If you already have purchased a copy of this book, bring it with you and get \$12 off the cost of the workshop.

Discussion on frequency/sound/vibrational healing and herbal medicine. Allan will bring his voltage meter and check your frequency. How you can have improved wellness, and a longer lifespan (barring accidents) if you can just rid yourself of viruses, parasites, heavy metals, chemical and emotional toxicity, and how a healthy diet and lifestyle contributes to that.

EMF dangers and ways to mitigate your exposure. How much does WiFi, cell phone usage, and 5G really affect your health.

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**Building a Greenhouse, Micro climates and season extenders:** How to build a simple cold frame or use row cover to grow crops year round here in Franklin, N.C. How correct minerals or herbs used for the soil will make your plants more productive, cold hardy, insect resistant, and resilient. It also makes the fruit or veggies taste better. Be more sustainable on your own land by growing more of your food year round. Techniques for green houses, and other ways to use the sun/rain/wind to your advantage. How to place or situate your garden for best winter/summer exposure, etc. We will actually build a small greenhouse, so hands on experience for students. \$55. Taught by Allan Maury Streiff. (ASR (authentic soil regeneration) Heartsong). All day class, bring gloves, and comfortable clothes/shoes. Lunch will be provided and you will get a small container of plant minerals to take home for growing your own plants. Bring your own beverage or water bottle. Probably in September.

Sunday September 8th 2:00 until 4:30? **Wild Edible & Medicinal Plant Walk, Making Tinctures, and Herbal Teas you can grow. \$55. per person.** Presented by Faye & Allan Streiff. All three classes in one. We'll gather and sample some of the herbal teas (and scones made with wild herbs) and discuss best ways to dry and use them. Serious discussion about medicinal uses of various herbal teas (take home a laminated chart on this). Field ID walk. Learn to make your own tinctures & salves from what grows on your land or near it. Always different depending on the season. This one will be at Heartsong Farm. Discounts on tinctures for students to take home. Approximately a two and a half hour class, with additional time for your questions. Bring comfortable walking shoes and water for yourself. RSVP by September 3rd.

September class: **Two day Survival Skill workshop. \$165. (Couples \$300).** Presented by Faye & Allan Streiff.(Includes book, Surviving Grid Down by Faye Corbett Streiff, Shake Light Flashlight with fire starter and other handouts and items. (Couples get one set of items.) 1st day Lunch, dinner, 2nd day breakfast and lunch provided. 9:00 check in time first day, should be finished by 4:00 pm second day. Camp out at Heartsong Farm (Primitive camping, bring your own tent and sleeping bag or choose to sleep on the enclosed back porch. If you live locally, you have the option of returning home at night. Intensive class taught by Faye Streiff, N.D. & herbalist, and Allan Maury Streiff who was trained in survival skills in the military. Hands on building a temporary survival shelter with your bare hands, how to make tools by breaking rocks, finding or making water safe, foraging for food and medicine plants, and we'll cook some of the foraged foods over a campfire. Nutrition from the wild, making sure you get enough protein and vitamins. Wild Edible & Medicinal Plant Walk, Herbal teas from the wild, and making medicines and tinctures, including poultices or antiseptics. Building a small clay oven (hands on), primitive bread baking, (we'll make Bannock Bread) fire pits, and other ways to safely cook your foods. Includes emergency medical in case you are lost and alone in the wilderness. Best emergency treatments for snake bite or poisonous insect if you cannot get to a doctor. Dealing with aggressive wild animals. Best ways to survive and be safe if you are traveling and your vehicle breaks down in a remote area or some natural disaster prevents you from arriving at your destination. (Note: If you are coming from out of town and need to arrive the evening before classes start, no additional charge if you bring meals for yourself for the extra time interim, as we will not serve food before lunch 1st day.). Limited enrollment, let us know as far ahead as you can if you wish to come.