

SRG (Soil Regeneration Group) Heartsong Farm. Newsletter 12/1/19

Faye & Maury Allan Streiff. Faye's contact is melc8399@icloud.com. 828-200-4231. Allan is maury4372@icloud.com or 828-421-7094.

At Farmer's Market, weather permitting, behind Rathskeller in Franklin almost every Saturday.

Winter hours 10:00 to noon. If temps are below 40 or rain in the forecast, we probably won't be there over winter on those days. You are welcome to come to Heartsong Farm for pickups if you call ahead to make sure we are there and not tied up with building projects.

A special thank you to Don Deal who found my wedding ring I lost at Farmer's Market in the parking lot when he was setting up the following week and emailed me to let us know.

ARTICLES By Faye Streiff

Climate Change, being a normal, cyclical process, still has factors which influence it which are man-made. Cutting millions of acres of rainforest changes the moisture/wind flow patterns of the entire earth and causes desertification and mega storms. In a desert, the creeping desert can be held at bay and reversed by applying good methods of soil regeneration and land stewardship. Overgrazing the plants, which hold the topsoil with their roots and transpire water into the air, does cause increased dry conditions as they die and disappear.

Even pasture rotation in an area like ours, where we don't have to worry about desert conditions, can benefit the soils and the health of the animals grazing them. It allows the grasses and forbs to grow up to a taller height, which encourages them to put down deep roots. Constantly grazing grasses root prunes them and encourages them to die out or not to grow. Farmers who constantly graze their livestock on the same land without rotation tend to have much more expenses in buying more hay to supplement and livestock getting parasites much more due to intense grazing close to the ground. The answer is not more fertilizer, it is taking the livestock off to let the land rest and making sure the minerals are correct. Liming helps, but it is not enough alone. Calcium, Phosphorus & trace minerals help get it back on track. Back when I had goats and cows, I was spending over \$3000 per year on hay alone, not to mention other feed costs. When I put in the fences and did a 9 paddock/pasture rotation, suddenly they could not eat it all and my hay bill went to less than \$250 per year with the same amount of stock. I was duly impressed. I saved enough in one year to pay for fencing the pastures.

Pollution on our Planet:

One thing we need to be more aware of than climate change, is man-made pollution which is disrupting entire ecosystems. It affects our health, our very lives, and is destroying humanity and all the planetary life forms. You ask, "what can one person do?" A lot. We can make more conscious decisions on food choices, and since our pocketbook funds the corporations that are polluting or not, buy only those things that are not. Do your own research and find products from companies that actually care about the environment, not just those who say they do. "Better living through chemistry" is one byword of a big

corporation that is one of the biggest polluters that has ever existed. Every time I fly into Atlanta, I notice the tree canopy which is beautiful. Although there is a serious pall of pollution over that mega city, the trees moderate it somewhat, as they absorb through their leaves a lot of it and help clean up the air.

Pollution on this planet has reached unsustainable health levels and almost everyone is sick or dying. Life expectancy is dropping, not increasing. Cities like Los Angeles, which sit in a "bowl" do not get enough air movement at times so that the pollution index from autos climbs to dangerous levels. It has been so severe in parts of India, schools are closed and hospitals are overloaded from people having respiratory distress. The same situation holds true in parts of China. People with compromised lungs get hit the hardest, but it affects everyone. Heavy metals, chemicals, including pesticides/herbicides/fungicides, as well as the cleaning chemicals and solvents are suspended in the air we breathe. Our bodies absorb from the air a lot more than just the gases we need to exist. A body which is deficient in calcium for instance, will absorb Cesium 37 or some other radioactive component from the air to try to compensate for and get calcium or iodine based radiation for those deficient in iodine. Staying super charged with a more than adequate diet is your first line of defense. Shiitake mushroom, cilantro, parsley, and clinoptilolite or various bentonite clays can pull out heavy metals, but some of them also pull out a lot of your minerals too (they are metals), so alternate using them and don't do it daily. Do it under a physician's supervision, and make sure that if you are doing a lot of cilantro or parsley, you take clay to pull from the intestinal wall before it reabsorbs. The cilantro and parsley mobilize it from fatty tissue and throw into the gut for expulsion. You don't want to reabsorb things like mercury, it can be very harmful. Spirulina, or chlorella also absorb and sequester radiation. Kelp can provide plenty of iodine for those deficient and most of the population is.

The water is almost all polluted from runoff from ag chemicals; or from fracking, when they put chemicals into the ground to force out the oil, and crack the rock layers to allow the oil to come out. This allows the toxic chemicals they are using (which they are just trying to get rid of because they are too toxic to go into the landfill), to flow down the cracks and into the water table. Nuclear plants spew out small amounts of radiation which is allowable. Then there are chem trails (do your own research here and form your own opinion), and other things which are broadcast via satellite arrays as radio frequencies. The chem trails are sprayed by airplane and lots of information on this as well as some whistleblowers who tell it all. A lot of pathogens are getting sprayed on us from this. A normal jet trail disperses quickly, chem trails spread and look like criss-cross patterns of clouds which spread. So we get hit from the air we breathe, the water we drink, cook with, or bathe in, and the food we eat. The body absorbs all of this. Even water with chlorine hitting the skin is dangerous. Fluoride toothpaste has a very harmful type of fluoride (again, this was something too toxic to go in the landfill so they figured out a way to get rid of it by using in toothpaste). Be careful what you touch, you absorb everything. It isn't the fluoride toothpaste that makes dental enamel hard, it is the natural fluoride already in the food you eat and even more important is adequate magnesium, boron and silica which makes bones and teeth strong and healthy. Without the magnesium, calcium doesn't harden up properly. Boron puts it where it needs to be, in teeth or bone, instead of soft tissue or

calcium deposits in kidneys. Silica keeps it flexible and strong. A synergistic effect here, so make sure to get all of the above.

Glyphosate, found in Roundup and other herbicides, disrupts the DNA, the microbiome, and creates holes in the membrane around the brain and in the gut, allowing “leaky gut” or “leaky brain”. Lots of people think they are gluten sensitive, when they are just toxic with glyphosate and gluten has little to do with it. The grain they are eating is a source of glyphosate and so are the meat, milk, eggs from animals fed the GMO grain. Restorative agriculture and eating crops grown on rejuvenated soil can help heal the damage, or taking a soil based organism from ancient deposits of soils can help regenerate the body and reverse the damage. A recent conference podcast by Dr. Zack Bush discusses this. The microbiome in the body must be restored. Otherwise the immune system is totally destroyed, the DNA compromised and the body has loose cells with no cellular integrity and loses the ability to uptake nutrients. Over time this can be deadly. All deer corn is GMO which means it is Roundup ready and loaded with glyphosate. It is killing the deer and anything else eating it, albeit slowly. Deer don’t have a gut designed to digest a heavy grain diet and it is making them virtually rot from the inside out. Hunters in Pennsylvania killed a number of deer, cut them open and buried them due to the stench which was abnormal. If livestock have a choice between a GMO grown crop and one that is not, they choose to opt out of the GMO every time. They have an innate sense of what is best for them most of the time. Not given a choice, they are driven by hunger and sometimes overpopulation of deer drives them to eat things not in their best interest or sometimes poisonous.

The children of our nation and much of the world are so sick, they have little likelihood of raising healthy families and high risk of severe health issues lifelong or an early death. It is getting worse and something needs to be done. Unless we clean up our act and stop polluting this planet we may only be a generation or two away from an extinction event. When we only see the area we live in and not the entire globe, it doesn’t give one a true perspective of how bad it really is.

Our bodies were made to be super healthy with no illnesses whatever, with an iron clad immune system. If a person could avoid all the pollution and eat a pure, highly mineralized food based diet, they should have perfect health until at least 140 years old, and be strong and robust until then. But...alas...that is a perfect world and we don’t have it right now. It is the world we all strive for.

Goat Milk Vs. Cow’s Milk and Diabetes:

Not only does goat milk closely resemble mother’s milk in the size of the fat globules and the mineral composition, which makes it easier for humans to digest, but the Beta Carotene is already converted in the butterfat. This is the reason butterfat from goat milk is white versus yellow in cows. Diabetics usually cannot convert beta carotene to Vitamin A activity, necessitating that they get Vitamin A from animal sources. Liver, goat butter or whole milk from goats, and cod liver oil are good sources. Necessary to get plenty of it year round, but especially in winter, as it keeps mucus membranes, eyes, and skin healthy.

Tendency toward diabetes can occur over the span of three generations, but starts with nutritional deficiencies in that first generation of ancestors. So it is not really a genetic tendency, it all had to do with diet. Alpha lipoic acid (found in all complete protein foods), vanadium (or vanadyl sulfate) is found in ocean fish, and chromium (honey is a good source), can correct diabetes in about three to four months if adequate amounts of these nutrients are provided. However, it has to be combined with a good diet, not many carbs, no concentrated carbs like a lot of fruit juice, alcohol, refined sugars and flour. Even carrot juice has too much sugar for diabetics. Lots of whole, fresh, mostly non starchy veggies and limited fruits that are lower in sugars are good for diabetics. Avoid white potatoes. Emphasize dark green leafy vegetables. Lettuce has little nutrition, but loose leaf is best.

Things that digest slowly are good, such as soaked and cooked dry beans in moderation as a protein source occasionally. Make sure you get complete proteins with each meal and eat 4 or 5 small meals per day if needed to balance hunger cravings and blood sugar, just as you would with hypoglycemia. Things like blueberry leaf tea can stop uptake of sugar and you can just make up a quart of it and keep it in the fridge. Then take a couple of sips with each meal. It will also lower blood pressure and help vision. The leaves are much higher in healing properties than the berries. Or just use bilberry, which is a wild blueberry. We have these available in our herbal teas at Farmer's Market.

PRODUCTS:

Shiitake sold out for season. (But we will have a shiitake class soon and you can make logs or we will sell inoculated logs at market for \$40 each.). If you come to the class and bring a friend, both can take home a log, with total cost of \$70 instead of \$40 each. One day soon on a Saturday afternoon when it is warm enough and not raining. We've already cut oak trees and they are ready to saw into logs, and spawn is ready.

Have a few **sunchokes** and still harvesting. \$5. Per lb. Please order in advance if you want any to make sure we have enough. Sweet, crunchy and nutty tasting. Delicious roasted with other veggies, stir fried or raw in salads. Also use as a replacement for water chestnuts. These are Stampede variety (aka: Jerusalem Artichokes)

Kaffir lime leaves (fresh) small Pak \$2. Order in advance or we will not harvest leaves. May have plants available in spring.

Green Drink \$26. Per lb. (this is a wholesale price to farmer's market and mail order customers). (has spirulina, chlorella, barley green, wheat grass, broccoli, kelp, dulse, bladderwrack and apple fiber) Detoxes gently, provides an abundance of vitamins/minerals, alkalizes the body, chelates out heavy metals and radiation, and nourishes adrenals.

Clinoptilolite (for detoxing heavy metals). Small container \$8. Only use a tiny pinch of this at the time.

NEW PRODUCTS TO LOOK FORWARD TO:

Next spring we hope to have an **organic potting mix** we make up ourselves, with added humates, worm castings or compost, microbes, minerals and mycorrhiza. Get your plants off to a fabulous start and continued strong growth and production with our quality products.

We will also be doing a lot of classes, on inexpensive ways to grow super nutritious food, seed saving, building a low cost greenhouse, and much more. A small greenhouse or sunroom attached to your home will help heat your house in winter AND give you super nutritious veggies.

SPECIAL BONUS OFFER: BUY \$30 WORTH OF MINERALS OR WORM CASTINGS AND GET A FREE 1 CUP BAG OF INOCULANT TO BUILD YOUR OWN INOCULATION PILE. For more information on building an inoculation pile check the website at www.soilregenerationgroup.com. The inoculant has many species of mycorrhiza, fungal hyphae, enzymes, microbes. Add to your compost to activate it. Please order this in advance, so we can make sure we bring to the farmer's market for you.

When your garden has active microbes to unlock the natural fertility (rainwater has more nitrogen than your entire garden needs, but it takes actinomycetes bacteria to make it available), and the right trace and major minerals, along with a little humate and compost, you won't need additional fertilizer. The yields will be fantastic, the taste superb, the plants robust and insect resistant. Insects attack sick or stressed plants, they are the clean up crew.

THE HOLIDAYS ARE FAST APPROACHING. GIVE YOUR GARDENING FRIENDS GIFTS OF SOIL AMENDMENTS, PLANTS, LAMINATED CHARTS OR BOOKS. Remember that we can mail order to your gift list too. When we mail order green drink we put into heavy duty ziplock bags so they weigh less. A flat rate envelope which is \$7.35 will hold two pounds of green drink or many containers of herbal teas. We can also do gift certificates for anyone wanting them which are good for any products we sell or for classes or workshops we do and don't expire for a full year.

Worm Castings \$15. For 1/2 cubic foot bag
1 cubic foot bag (approx) \$30. These are over on weight, actually 1 1/4 to 1 1/2 cubic foot so you get a little extra.

Faye's Miracle Complete Soil Mineral 1# \$15. Now with added humate & Maury's mineral. Original formula \$12. Per lb

Maury's Minerals \$15. For 1 # Dry or quart liquid.

Foundation (for soil). Liquid or dry. (Humate). 1# \$15. Dry or quart of liquid.

Calcium Drench with humate, (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)

Hand crocheted 100% cotton wash cloth (great as a face cloth) \$5. Each. Assorted colors.

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

Planting Guide

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). Lots of homesteading skills and herbal lore in this book.

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

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

Catnip (great for leg cramps or colic, safe even for newborn babies)

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

Chamomile. (Very high in calcium, relaxing)

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. Antioxidant and high in minerals

Raspberry Leaf. Antioxidant and high in minerals, great for pregnant women last trimester, but anyone can benefit from the mineral component.

Blueberry Leaf (or Bilberry). Lowers blood pressure and blood sugar, improves vision.

Chocolate Mint

Pineapple Mint. All mints are cooling to the body and refreshing to the breath.

Spearmint

Peppermint

Violet. Helps flush lymph system.

Peach. (Tastes great and gives one a sense of well being).

Mulberry. (Dissolves the chitin coating on cancer cells so the body's own immune system can destroy them). Mulberry leaves are also a complete protein superfood.

Kidney Cleanse (parsley & carrot tops)

Mullein (strengthens lungs and helps expel mucus, good for asthmatics or emphysema)

Many times the leaves of a plant are more nutritious than the fruit. Blueberry and bilberry, (which is a wild blueberry), leaves have much higher antioxidant value than the fruit (50x as much) and are also a super food.

If you want a chart telling you which teas are good for what send an e-mail to melc8399@icloud.com with "Request for Herbal Tea Chart" in the heading. I'll e-mail it back to you, two pages. Or get the laminated copy of this chart for \$3 at the farmer's market.

Tinctures 2 oz.

Black Walnut green hull. \$10

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

Cayenne 10. Strengthens heart, helps circulation, heating to the body, clears sinuses/good for congested sinuses)

Echinacea 12. (Immune system support)

Ginkgo 10. (Helps circulation)

Parasite Cleanse 14

Plantain 10. (For UTI or bowel infection)

Sleep Formula 14

Tremor/Pain Formula 14. Half pint jar for \$35. Relaxes nervous system, eases pain.

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

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

LIVE PLANTS:

Thornless Blackberry, very large and sweet fruit, heavy producers on very large vines. \$18. Each

Large plants. Order in advance, these are field grown and we have to pot up for you.

Mara des Bois strawberry plants, large established one year old plants. \$1.50 each. These are a gourmet variety, incredible taste and heavy producers, drought resistant. Field grown, so order in advance and will bring to you in a box, not potted. Or you can pick up at Heron Lake address or Heartsong Farm, or the Farmer's Market, whichever is more convenient for you.

Will have lots more plants available in spring. All plants grown in organic potting mix with minerals and microbes added.