

ASR HEARTSONG FARM. November 15, 2019. (ASR stands for Authentic Soil Regeneration) Farmer's market most Saturdays behind Rathskeller in Franklin, N.C. Winter hours 10:00 to noon.

Faye Streiff melc8399@icloud.com 828-200-4231 or Allan Streiff 828-421-7094. Maury4372@icloud.com

SUN CHOKES JUST HARVESTED. Although you cannot tell the size from the picture because I had nothing to compare it to, some of those are as big as my fist or larger. That container shown weighs almost 6 lbs. Sweet and nutty tasting, delicious, Stampede variety for those of you wanting to plant some or just eat them. Sunchokes have natural inulin, precursor to insulin, so good for diabetics.

\$5. Per lb. Only a two week season, ending in early December. We have to dig them before the voles get them all. If you want any, reserve them. Already trimmed and rinsed.

Try them cooked with carrots (sautéed in coconut oil) with thyme, ginger and sea salt) or roasted with meat or other vegetables. Yummy!

Shiitake mushrooms: Limited quantities now until Dec. 1. Please order in advance to see if we can spare any.

ALL PRODUCE WE GROW IS GROWN ON LAND WITH ACTIVE MICROBES, ENZYMES, FUNGAL HYPHAE, MYCORRHIZA, TRACE & MAJOR MINERALS (80 or more), and very small amounts of COMPOST. Our primary goal is to teach you how to grow your own instead of us supplying you with produce. If the microbes are not in the soil to break down the minerals, the plants cannot make them available. Food is only as healthy as the soil it is grown on, and just because the minerals are in the soil, it doesn't mean the plant can utilize them. It takes microbes to break down the minerals and make them available and certain beneficial bacteria to make nitrogen and other things available. Rainwater carries so much nitrogen, no other is needed to produce a crop if actinomycetes and other factors are in correct balance. Nitrogen fertilizer tends to make food taste bitter and it becomes slightly toxic from excess nitrates. We cannot be healthy if the food we eat is not grown on healthy, balanced soils. Protect our soil, it is the most important legacy we leave to our children. We are glad to share information with you, so stop by our booth (Authentic Soil Regeneration/Heartsong Farm) and talk to us if you are interested.

Most plants require moisture, available minerals, loose soil (some exceptions to this) and sunlight. Temperature ranges vary according to the type plant, and moisture requirements, but without those basic things, nothing can grow. Fortunately for us, plants breath in carbon dioxide (and other gases) and expel oxygen rich air. The planet we live on is survivable for us only because of the plants. Otherwise there would be no proper gases in the air for humans to breath. It is all a synergistic balance of organisms, including us.

Happenings at the Farm:

The new sunroom is now almost finished on the enclosed front porch at the farm. My plants love it! So do I. It was made entirely with materials recycled from other buildings here at the farm, and sliding glass doors I bartered with someone for years ago. Lots of strawberry baskets with berries all winter and other things we like in small quantities. I'll keep you posted as to the progress. Pics coming soon as it is finished. We have to paint the trim to match the house and all else is done. The sunroom also is keeping the house much warmer over winter and won't affect summer temps because the sun will be high in the sky and won't shine in then. If you want one and don't have a contractor, we can recommend one for you or tell you how to build it yourself. Talk to Allan for ideas.

ARTICLES:

Vitamin D & Seasonal Affective Disorder by Faye Streiff

In winter we usually wear more clothes, and with the days being shorter, spend a lot less time in the sunlight. Sunlight directly on the skin absorbs into the oils on the skin and then into the bloodstream. This takes at least three to four hours for full absorption to occur, and if you bathe before that time elapses you are washing away the Vitamin D before it does you any good. In summer, about 30 minutes a day in sunlight is enough. It is necessary for a proper functioning immune system, good vision, uptake of calcium to protect bones and other things.

Make sure you get enough over winter, even if you have to take D3 (often made from the lanolin from sheep's wool). Not enough sunlight and/or Vitamin D tend to make one depressed also. A full spectrum lamp can help the depression and lighten your mood. Taking Vitamin D also helps even if you don't have a full spectrum light.

SEASONAL CHANGES IN THE BODY by Faye Streiff

There are changes in the body as the seasons progress into the cold months. We tend to put on a little more of a fat layer which protects the internal organs from cold. This is normal. The body, not yet used to the cold, has to acclimate, and until it does, you may have sinus congestion and feel stuffy. Eat more heating foods, like cayenne, ginger, garlic. According to Ayur Vedic medicine, the heating herbs/foods balance the cold condition in the body. In cold weather, we tend to want to sleep more, and this is good. It is a time for resting and refreshing oneself. Eat more root crops, the starches will give you fuel and the yellow/orange ones will give you Beta Carotene, another thing to keep mucus membranes, eyes & skin healthy, and the immune system well. If you get chilled, don't let it go on too long before you can warm yourself up again. Being chilled burns up the Vitamin C in your body so replenish often.

Even in a cold house you can stay warm by wearing winter weight socks or two pair of socks, warm shoes that are insulated, and layering clothing. Wrap a scarf around your face so you aren't breathing cold air, indoors or out. Wear a snuggly hat to keep the head warm.

Albrechtisms

1. Insects and disease are the symptoms of a failing crop, not the cause of it.
2. The use of sprays is an act of desperation in a dying agriculture. It is not the over-powering invader we must fear, but the weakened condition of the victim.
3. The excessive use of chemical salts in fertilizers is upsetting plant nutrition.
4. Manure forms an organic shield around the salts. It is a buffer against injury. As soils become lower in organic matter, we will not be able to use salts so directly.
5. Fertilizer placement is the art of putting the salts in the ground so the plant roots can dodge it.
6. To help them maintain their soils, farmers should be given a depletion allowance on their income tax, the same as owners of mines, oil wells and timber tracts.
7. Most of the south will be a good bull market, just as it was a good mule market. The soils of the south do not have the virgin fertility to produce a good breeding stock.
8. We are exhausting the quality of our soils. As we do so, the quality of our plants goes down, and we are accepting this.
9. Don't lime to fight acidity, use lime to feed the plant.
10. Study nature more than you study books.

From the "Albrecht Papers" by William A. Albrecht, Ph.D.

CLASSES: If anyone missed out on the Shiitake Log class, we are doing another one. Oak logs are down and need cutting up, we have the spawn and are ready to go. Let us know if you are interested and we will keep you on the notify list so you can decide later if you want to attend or not. We may have logs for sale at FM later also.

PRODUCTS: REMEMBER THAT WE CAN SHIP ALMOST EVERYTHING EXCEPT PLANTS or tinctures. Due to the space it takes up, we will not list all products every newsletter.

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.

Kaffir lime leaves (fresh) small Pak \$1. Order in advance or we will not harvest leaves.

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.

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

Clinoptilolite (for detoxing heavy metals).

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 and 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.

When we catch up a bit, we want to start doing the Authentic Grower classes again, so let us know if you are interested. We usually meet once a month, in the evening, do a covered dish and have a designated speaker, with Allan teaching us primarily the soil regeneration and growing techniques as applied to authentic (beyond organic) methods. He brings his microscope and we also look at soil samples, etc., under the microscope. Once a year in late winter we do a seed sharing exchange of heirloom varieties.

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 it 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.

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. These make great gifts too.

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.

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)

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)

