

## **ASR Heartsong Newsletter Nov. 1, 2019**

SATURDAYS AT FARMER'S MARKET, FRANKLIN, NC. BEHIND RATHSKELLAR.  
10:00 TO NOON. Winter hours...

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Faye is a Naturopath, herbalist and organic farmer/teacher  
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Website: [SoilRegenerationGroup.com](http://SoilRegenerationGroup.com). (Check for articles and information)

Due to our busy schedule we may not be at Farmer's Market every Saturday, especially if it is raining, extremely cold or windy. You can always call us for an appt. to come by Heartsong Farm to pick up supplies.

**Ag Consults by Allan Maury Streiff** - \$65 plus mileage if more than 5 miles from where we live. He will do an assessment of your land, landscaping, or livestock and make recommendations for improved health of plants, soil and animals.  
He can also do a "dirty electricity" assessment and bring his meters to check voltage for you, show you where the ley lines are, and make recommendations as to how you can protect yourself from EMF. \$65 plus mileage.

Plenty of wonderful pumpkin & butternut, other fall squash at the farmer's market now... stock up, they will store all winter. Support your local farmers. They work hard to keep you supplied with great produce!

### **Recipe for Pumpkin, Orange Muffins**

1 cup pumpkin or butternut purée  
2 cups or enough flour so it is consistency of pound cake  
1 tsp. Baking soda  
2 eggs, beaten and blended in  
1/2 cup Turbinado sugar, honey or sorghum (allow a little extra flour if using liquid)  
1 tsp. Cinnamon. 1/2 tsp Allspice  
1 tsp. Orange extract or 1 tsp. Orange zest from peel  
2 tbsp melted butter  
Pour batter into oiled muffin pans, bake at 35 minutes or until center is firm or toothpick comes out clean. Cool before turning out.

## Articles:

### **Winter Wild Foraging, by Faye Streiff, N.D.**

Even in winter months there are plenty of wild edibles. **Chickweed** is my fave, and it will stay green under snow, even though it doesn't grow then. Delicious, nutritious and great on sandwiches as it tastes much like sweet sprouts. Loaded with magnesium and other minerals. Two varieties grow here in the Appalachian Mts., the regular chickweed and the Mouse Ear variety which has a thicker leaf and it is best to use in a cooked recipe.

**Jerusalem Artichokes**, which are not artichokes at all, but rather sunchokes, will stay sweet and delicious in cold ground as long as the voles don't find them. If they do, they are history as they are one of their favorites too. I love them chopped into large pieces and sautéed with carrots in a little coconut oil. Add a dash of ginger and salt. Sunchoke have natural inulin, a precursor to insulin, so really good for diabetics and lower in calories than potatoes.

**Red Sumac** can be found all winter, but heavy rains leach out the Vitamin C and they are best gathered in late fall before all the rains start. Dry thoroughly and store in a tightly sealed container to keep it fresh and free of mold. Soak overnight in water to leach out the nutrients, primarily Vitamin C. If you gargle with it, and swish and swallow the water, it can usually stop a sore throat in 10 seconds.

In early winter you may find **lamb's quarters** or **wild amaranth** with seed still on them. The wild amaranth has such a tiny seed and it has a husk, so rub it between your hands and blow on it to dehull, but not too hard or you will blow the seeds away. The seeds of lamb's quarters can be eaten as they are as you strip them from the stalk. Use on bread as a seed topping or toss into a pot of soup. Wild birds use both of these as a food source, so leave some for them too.

**Creasy greens, cresses, or wild mustard** can be found almost all winter. I use them in a potato soup recipe, to add greenery, or as the green in egg drop soup, along with some green onion tops which are also a winter crop. Under row cover, I grow the conventional crops of turnips, kale, collards, and Pak Choi or bok Choi.

### **Soil Regeneration, by Allan Maury Streiff**

Let's take a look at agriculture. I am a bit familiar here, I was born to a family on a dairy farm in southern Minnesota in 1943. At age 11 we moved to a North central Minnesota farm where my education and the story really begins. It was at this point that I noticed all farms were not equal and that different conditions of soil made for problematic situations that science addressed here in a new way altogether. Wow! MODERN SCIENCE or maybe corporate science, anyway we now have fertilizer, the savior of failing crops. And for two or three years everything was great, then we noticed it was more difficult to get the yields and I noticed the animals seemed reluctant to eat and we were doing things like adding molasses to the feed and putting ground corn and oats on top off the silage to get the cows to eat it. I also noticed that whenever the cows were off the grass, they were

hungry and hard to satisfy. At this point the county extension agent told us we should be growing soybeans and adding this very high quality protein feed into our system and so we moved some of our buckwheat and oats ground over to soybeans and wow for a while that seemed to be the answer. Then we noticed other problems; mastitis, problem with breeding, deformities, still born etc. The roosters eating the soy based feed became overly aggressive and problematic with the entire flock having health problems they never had before. The important information here is, there was always a justification for whatever the cause of these problems were, none of which really addressed a real problem. In retrospect I now realize that the cause of these problems was science selling products. Here we were dairy farmers and they talked us into growing soybeans so they could make soy margarine and they convinced us to use fertilizer because it was more efficient than manure. This is just a very small part of how corporate science began its hold on our food sources.

Lets take a look at **Soil Regeneration** the Maury's Mineral way.

The technology of Maury's Mineral Soil Regeneration Program (MMSRP) is both in its product and in its application. It is a well-known fact in the agricultural industry that plants need nutrients to grow. What is not so well known is how to efficiently get these nutrients into the soil in their best form to be utilized by plants. Our technique jump starts the natural processes in the soil and regenerates the soil food web in a way that balances the system and produces balanced, nutrient-rich plants for human and animal consumption. Because the soil food web is largely misunderstood by the agricultural industry, much existing technology does not provide a balanced soil system to plants. MMSRP regenerates soil to a condition that it used to be. Many agricultural processes and products of recent years are not soil focused as much as they are plant focused. Consequently, standard agricultural processes only view the soil as the necessary material for the roots to anchor the plant so as it does not blow away rather than viewing soil as a key ingredient to continued agricultural sustenance. MMSRP technology recognizes the importance of the soil in the cycle of life and thoroughly evaluates its condition. Then it revitalizes it accordingly.

Growing food can easily be mistaken as being something that is easy to do. While seeds will produce something most of the time when placed in soil, the quality of the resulting plant can vary greatly. MMSRP begins with a proprietary blend of materials, including all the major and trace minerals, known as Maury's Mineral, to provide essential nutrients to the soil. Maury's Mineral is stable yet carries an abundant electrical charge, which is also essential for prime plant growth. This is a rare and unique combination allowing for a stable mixture that will not break down or degrade on contact with the soil, or over a very long period of years. The other significant quality of this product is that it is concentrated. Quantities of fertilizers and soil additives for farms and turfs are typically measured in pounds and gallons in the 10's and 100's, sometimes 1000's. Maury's Mineral is similarly measured in teaspoons, ounces or single-digit pounds. Compare spending thousands of dollars on chemical fertilizers versus a few dollars on the natural approach by using Maury's Mineral and methods. The end result: much higher yields of much higher quality produce.

### **Fungus Among Us, by Faye Streiff, N.D.**

A high sugar environment, which now has the body using less oxygen and incompletely burning sugar instead of fat which is the more natural approach, creates an anaerobic condition in the body. Fungus loves this. It usually has a side effect of a candida overgrowth which can become hard to control. If you've ever had antibiotics in your lifetime, it has created a condition which causes athlete's foot to manifest and most commonly in the toes of the left foot. You can treat it but it is systemic and it just becomes somewhat dormant, springing back to life whenever your feet are wet a lot or any time you are stressed. Boron in the diet can help cut back on the fungus, as well as plenty of iodine, and also a good probiotic supplement or eating fermented foods like raw sauerkraut, kim chi, fermented pickles or yogurt/kefir. Taking B complex every 2 hours during a severe outbreak can greatly cut back on fungus outbreaks such as athlete's foot. If you have it, you have systemic candida associated with it, and this has telltale markers such as deformed toenails. If thrush is in the mouth, which is a fungal infection, get rid of it by gargling, swishing and swallowing good cultured buttermilk (make sure it has live cultures), or use a live culture yogurt or kefir. Exposure to glyphosate (Roundup and other herbicides), creates such an imbalance in the body, it will be almost impossible not to have severe candida or other fungal outbreaks. Unfortunately, almost everyone tests positive for glyphosate due to its prevalence in the environment, in our general food supply, ground water, and airborne as it evaporates from fields where farmers are using it.

**ITEMS FOR SALE:** Due to consolidating households when Allan and I were married, we have duplicates of a lot of gardening/farming/herb books at greatly reduced prices. Most of them are like new. DVDs \$1. Each, boxes of yarn, a nice electric Singer sewing machine for \$75, and lots of canning jars. Used canning jars in great condition for \$2. Dozen. I have more than my canning jar room can hold. Call us at 828-200-4231 if you need any.

Cheryl Vernon has a gorgeous working **antique spinning wheel** for sale for \$275. Contact her directly if interested at 828-524-0863.

If anyone still needs **grass fed beef**, Donnie Seagle has it. Inspected, local beef. Call 828-369-6427.

**PRODUCTS:** REMEMBER THAT WE CAN SHIP ALMOST EVERYTHING EXCEPT PLANTS or tinctures.

**Kafir lime leaves** (fresh) small Pak \$1.

**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.soilregeneratiogroup.com](http://www.soilregeneratiogroup.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.*

*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.**

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.) inoculated with many strains of mycorrhiza and keeps roots hydrated when transplanting)

Closeout on Goat Milk Soap, small bars 3 for \$10. Gentle and emollient.

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)*

*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](mailto: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)

Acid Reflux Formula: \$12.

***MAIL ORDERING: MOST OF OUR PRODUCTS, EXCEPT PLANTS OR TINCTURES, CAN BE MAIL ORDERED. We only charge actual charges for shipping.***

**PLANTS FOR SALE:** Reserve ahead of time if you know what you want as some of these are limited quantities. Limited space in the van so may not bring everything every week. You can also make an appt. to come to **Heartsong Farm** to make pickups. Email us at [melc8399@icloud.com](mailto:melc8399@icloud.com) and leave a call back phone number.

**Papaya** Vigorous seedlings (they start setting fruit at one year old) in pots, over 3 feet high already. Cannot grow outdoors over winter, unless they are in a greenhouse. I am overwintering 6 plants and hope to grow these for fruit for farmer's market next year if we can get our greenhouse up and running soon enough. \$20. Per pot now or slightly more as they get larger. They also make a beautiful, exquisite house plant. It really makes you feel good to see green, growing things in the house over winter when the trees outside are stripped of leaves. Green is a strong healing color for humans, and soothing to our psyche.

**Fig Trees (Brown Turkey or White Marseilles). \$15 per pot. Larger plants, bearing size \$20 and up.** My big tree at Heartsong which has hundreds of superbly delicious figs each year, is a Brown Turkey. **White Marseilles** must be potted and brought indoors for winter here. Also have a large **Chicago Hardy**, four years old, (bearing now) potted \$50. Grow figs against a south or east facing building for wind protection or you may not get fruit. It also creates additional heat for them which they require in order to set fruit. Give figs a heavy mulch to keep the roots moist and at a stable temperature and in winter, pile on a lot more. Figs do extremely well indoors in pots over winter and will actually produce fruit indoors. I grew my big Brown Turkey tree indoors for 7 years before I knew they would grow outside here. Finally it was too big to keep cutting and pruning back and root bound, and I planted it outdoors against the house. It is over 10 feet tall now. With correct mineral supplementation, they will bare at two years old or even younger.

**Cuban Oregano.** \$5. Amazing flavor for meatloaf, soups, stews, omelettes, grow on a window sill all winter for year round harvest, or take outside for summer. More cold sensitive than Greek oregano.

**Thornless Blackberry**, extra large and sweet. \$18. Each potted. Large, vigorous variety.

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

**Gynostemma** \$8. Potted (AKA: Chinese Immortality Tea) Greatly slows aging, good immune system booster.

**Hanging basket of gynostemma** \$20. Please reserve if you want one. Hang it by a window over winter and harvest all year.

**American Elderberry** \$8. Field grown, will dig when ordered. Elderberry requires a wet area and will not transplant well in summer unless it is raining a lot. Available now. Limited quantities.

**Horseradish** \$5.

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

**Spider Plants:** Small pot \$3. Small hanging basket \$5. Larger hanging basket \$8.

**Moringa** Tree (4 feet tall). Potted. \$30. please reserve. Only have one. Cold sensitive, bring indoors for winter.

**Mini Dwarf Cavendish banana** in pots, multiple plants per pot. \$20. Please pre order or make an appt. to pick up at the farm. These are great in the house, as a potted plant, and will bear if they get enough day length, even from artificial light, and warmth.

**Small ponytail palm** \$12. Large ponytail palm in pot, (aka: Elephant foot palm) 7 feet tall. \$100.OBO

**Turmeric** plant, large, in pot, almost time to harvest root and leave a piece so it will regrow each year. Bring dormant plant in for winter so it sprouts out faster in spring. \$8. Already reserved, will have more in spring. **SOLD OUT FOR THIS SEASON.**

**Ginger** plants in pot (several plants/roots) \$12. Grow as you would turmeric. Already reserved, will have more in spring. **SOLD OUT FOR THIS SEASON.**

**Ponderosa Lemon** tree \$25. Two years old, potted.

**Orchid** in terrarium (cost of the empty terrarium was \$100). \$35.

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