

## **ASR Heartsong Newsletter Oct. 1, 2019 (ASR is for “Authentic Soil Regeneration”).**

SATURDAYS AT FARMER’S MARKET, FRANKLIN, NC. BEHIND RATHSKELLAR. 8:00 TO NOON. We get there early, usually before 7:30.

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Faye is a Naturopath, herbalist and organic farmer/teacher

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**Upcoming classes:** Please reserve space in either or both classes, 2 days in advance. Sunday, October 6 at 2:00 until about 6:00 pm. **Intermediate Herb Class**, three classes in one. Field ID and walk, discussion of proper uses of herbs, gathering wild edibles and cooking with them, (we’ll make acorn bread), & sample the herbal teas. Make tinctures, and discuss wild and home grown herbal teas and their uses, making salve (we’ll make an antifungal salve good for athlete’s foot or as a wound dressing, from goldenseal and other ingredients). Get a laminated chart on the herbal teas and their uses to take home. Includes other handouts as well. \$55. Per person. Bring your spouse or significant other for this class for an additional \$20 (\$75. Per couple) For those who’ve already done this three part class earlier this year, come as a refresher if you wish and only pay \$10 per person.

**Surviving Grid Down:** Abbreviated class. October 13, Sunday at 9:00 AM and lasting until 4:00 pm. Includes organic lunch. (We’ll cook a hearty and healthy soup over a fire, made with wild foraged and other herbs/veggies.). \$55 Per person or bring a spouse or a friend and get the couples discount which is \$75. for two people. Get a Shake Light flashlight (no batteries required) which has a lens you can take off and use as a fire starter, plus Faye’s book *Surviving Grid Down* included in the price. Allan was trained in survival skills in special ops in the military and Faye has a knowledge of the healing herbs and other skills. We’ll do a brief herb walk, talk about making salves and medicines, what you need in your permanent medicine cabinet, wild foraging, emergency medical treatment, building survival shelters out of debris, ways to stay warm if the power is out, and finding safe sources of water. We’ll show you how to make a solar distiller out of a piece of plastic and a rock, with a clean container to catch the water. Remember to RSVP 2 days in advance.

If you wish to do both days, get a discount on price to combine them. \$90 for both classes, or \$125 for couples.

### **Articles:**

#### **Vegetarian or Vegan Diets: by Faye Streiff, N.D.**

While a plentiful supply of fruits and vegetables are good for us and should be a large part of a healthy diet, I don’t recommend a totally vegan diet. I’ve rarely seen a vegan or even a vegetarian (who may eat eggs & dairy, but no meat products), who is in superb health. They usually have a pallid complexion, and weak muscle tone. Although combining beans and grains, or grains with nuts, can give you a complete protein amino acid profile, most of them don’t do it correctly, at least not enough to have adequate protein sources. Then, there is the B12 inadequacy. Some plants, like hydrilla, moringa, or aloe, have B12, but unless bacteria can break it down and enzymes digest it, it is not very bioavailable to the human body. Cows eating pasture are getting bacteria which has splashed out of the soil or grows on the plants near the ground, which is making it more digestible to them. Thus meat is a good source of B12. Eating fermented foods can give you the bacteria and enzymes needed to help uptake the B12 and digest other nutrients as well. A really good source of B vitamins, including B12, is nutritional yeast. I use the large flake variety (which I still have available to co op members if they order in advance), as it is sweeter and

nuttier tasting. Love it on popcorn or in crackers or breads. I put some in the bean burgers I made this past week and they were delicious.

As we get older, the ileum becomes damaged in the body and it is hard for the body to absorb enough B12 if it is not functioning adequately. Aloe can correct that, as mentioned in the previous newsletter. Celery juice is also very healing and can correct many improprieties in the aging human frailty, such as chronic dehydration, sodium depletion, and nervous system disorders. \*more information on celery found in the Medical Medium book by Anthony William.

Vegetable sources of complete protein (the 9 essential amino acids) would be moringa leaves, or mulberry leaves, which could be used as a tea. Leaves of some plants along with their roots, have a complete amino acid profile, such as rutabagas, turnips, but is so low, you would need other additional sources of protein. Quinoa is a complete protein. Buckwheat, which is not even a grain, but rather the fruit of the plant, is a complete protein.

One of the biggest mistakes a lot of vegetarians make is to eat a lot of beans/grains which are very acid forming, so their bodies become too acidic, making uptake of the minerals they need impossible. Lack of minerals, especially calcium and magnesium, greatly contribute to stiffness, and bone/joint problems. If you are making beans and rice, for instance, just add kale, collards, lamb's quarters (vegetable), carrots, green beans or sweet peas, onions, parsley, cilantro or whatever you like. I like to add okra as it is one of my favorites and it flushes the lymph system and heals the gastrointestinal system, as it is very mucilaginous. A breakfast consisting of grain or even eggs and grain (bread), is too acid, so correct and balance that by adding fruits and vegetables. Omelets are delicious with wild herbs added, like lamb's quarters, chickweed, smartweed, dandelion leaves, onions and their tops, or spinach, onions & peppers. It's always best to eat 4 oz or less of concentrated protein at one meal, (25 grams or less) because if it is more, the body cannot digest it all and residue of undigested protein gets deposited in the joints leaving a debris that causes gout, or arthritis. It can also cause crystallization in the kidneys, cutting tubules and/or causing kidney malfunction or disease. Also be careful not to mix dairy with meat as it does not digest well.

Americans tend to eat the same few foods all the time. Some of the aborigines consumed over 1500 different food sources, and with a varied diet you tend to get a better balance or more of the enzymes, probiotics and minerals you need, as well as enough of the vitamins. Due to the abundant enzymes found in properly grown whole food sources, the minerals uptake much better than from just taking supplements.

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My daughter Melissa just opened a new Wine/Gift Shop (Dom Beijos) in Atlanta in the Kirkwood area. Address is 2033 Hosea L. Williams Drive, N.E.

**Website:** [www.dombeijos.com](http://www.dombeijos.com). It is modeled after the European style with seating out front as well as inside. If you go to Atlanta, check it out, and go by for local gourmet cheeses, good chocolate, or wine.

**NOTE ON BRICS TESTING:** Allan has been testing some of the produce from vendors at the farmer's market. He will do a free test if you ask for it and he has his equipment with him. When BRICS is high it means the mineral content is great, and it makes the products much healthier and tastier.

Stop by our table if you want more information on growing. Some crops are fungal dominant, some are bacterial dominant and change at different intervals during growing. There are ways to address this to give the plants the optimum environment for growing conditions. Allan will be happy to share ways to do this with you.

## **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. (this is a wholesale price to farmer's market customers). (has spirulina, chlorella, barley green, wheat grass, broccoli, kelp, dulse, bladderwrack and apple fiber) Detoxes gently, alkalizes the body, chelates out heavy metals and radiation, and nourishes adrenals.

New product coming soon: Green drink with added wild blueberry powder \$48 per lb. approx., final price to be determined when formulated as the wild blueberry powder is very pricey.

Clinoptilolite (for detoxing heavy metals).

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

Faye's original formula Soil Mineral Mix. 2# \$12.

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)

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

Hand crocheted 100% cotton wash cloth (great as a face cloth) \$8. 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; 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). 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 leaves have much higher antioxidant value than the fruit which is also a super food.

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. 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.

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 available soon:** Antifungal cream (good for athlete's foot or toenail fungus, or as a wound dressing to prevent infection. (We will make this at the next herb class in Oct.))

**MAIL ORDERING: MOST OF OUR PRODUCTS, EXCEPT PLANTS, 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 or Heron Lake to make pickups.

**Fig Trees (Brown Turkey or White Marseilles). \$15 per pot. Larger plants, bearing size \$20.** 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, 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.

**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)

**Hanging basket of gynostemma** \$20. Please reserve if you want one.

**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 after Oct. 15

**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. \$15. 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.

**Ginger** plants in pot (several plants/roots) \$12. Grow as you would turmeric.

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

**Orchid** in terrarium (cost of the empty terrarium was \$100). \$45.