

ASR Heartsong Newsletter Oct. 15, 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.

Faye & Allan Maury Streiff. 828-524-8400 land line, or melc8399@icloud.com. Allan's e-mail is 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

Website: SoilRegenerationGroup.com. (Check for articles and information)

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.

Allan did the Hemlock Project in north Georgia through to Asheville to save the trees from the Woolly Adelgid. He never lost a still living tree to the insect infestation, but did lose a few to lightning strikes. He sprayed them with Maury's mineral, (his own formula) mixed with compost tea and humate. You can do this yourself if you have a suitable sprayer. For a badly diseased tree, they will need injection of minerals in the root zone to save it. For more information just ask us and he will be glad to teach you how to do this.

Stop by Farmer's Market and talk to us, we have a lot to share. Allan can tell you how to create a "Hospital Patch" for your livestock so they can self medicate, and the various herb plants suitable for different species of animals. For example, I always grew lespedeza sericea, as it kept the goats wormed and they could convert it to a very usable protein; however, most cows cannot digest it. The Paulownia trees are also insecticidal and they ate them when they were coming down in the fall. Kept a garlic patch for the cows and they could self medicate, as it kills harmful pathogens and is a great wormer, but it flavors milk so only gave to goats not milking or just used the milk for something else, like feeding to the dog or chickens if I were dosing them. Wild roses and honeysuckle are also medicine plants for goats, cows and horses and they eat when they need them.

Articles:

Excerpt from 'Plant Species' by Keith Nicholson, Horticulturist

According to research by the UN Food and Agriculture Organization in Rome, humans are known to have utilized more than 7,000 plant species to meet their basic food needs, but today, due to the limitations of modern large-scale, mechanized farming, only 150 plant species are under cultivation, and the majority of humans live on only 12 plant species.

The Unseen Herd in Your Garden, by Faye Streiff, N.D.

Are you keeping the microbes happy by supplying the basic mineral needs, humate and organic matter for them to break down? Keep the soil covered to keep the temperature moderated and the moisture even. With adequate minerals, especially calcium, and a protein source such as animal manure or vegetable scraps, the earthworms will come up and feed on it, especially under mulch, and the tunnels they make aerate the soil. Beneath the soil lives the unseen herd of microbes, protozoa, and fungal hyphae which are converting raw minerals into usable matter when they die and decompose so plants can digest it. Earthworms are some of the most important livestock on the planet. They provide rich worm castings, and the exudate from their gut as they eat organic matter, as well as that from their skin as they crawl through the soil kills E. Coli, staph, strep and other harmful pathogens making the soil healthier. This is what a good gardener aims for, keeping the earthworm population happy and well....populating, pooping and decomposing, all in turn. This will keep soil soft and friable so those veggies can put down deep roots and grow to their optimum. I've grown delicious, sweet carrots in some of this soft soil, and they weighed 1/3 pound each.

Organic worm compost available at Farmer's Market, a half cubic foot for \$15, or a 25# bag, (more than a cubic foot), for \$30.

Soil Evaluation by Observation

Observation is our most important tool for understanding what is happening in our planting areas. Many books have been written about growing but very few really give you what you need to grow a healthy crop. And of course some books really stand out as very good references, I list a couple here.

Weeds and Why They Grow (1994) by Jay L. McCaman is a great book, I use it continuously and some day I may even read the first part of the book. It is the charts of the nutrient values in a given soil that allow plants to grow.

For example you have dandelions in your lawn, your nutrient values are Ca Very Low, K2O Very High.

Maybe you have quackgrass... Ca Low, P205 High, K2O High, Mg Very High, SO4 High. Most plants are listed in charts like these examples.

Another book that I use in a similar way is *Anatomy of Life & Energy in Agriculture (1989)* by *Arden B. Andersen D.O. PhD.* Again this is a very well written informative book, of course, you guessed it. There are charts in this book, charts that will help you understand why you are having problems with insects or diseases.

Starting on page 70 we find insect infestation due to the sequential nutrient deficiencies. For example if you have Aphids on your celery you have deficiency's in Ca,P,Fe,Cu. If you have the dreaded Colorado Potato Beetle you have deficiencies in Ca, P, vitamin C, Cu, Mn.

Now I know I have given you just a very few examples. Do you notice a trend here? Notice each begins with a Ca deficiency, this is important because Ca governs the uptake of all nutrients in a biological system, all nutrients are taken up in phosphate form (meaning a compound). This is why we need to do observations especially in organic growing, because if you do your microbes correctly (diversity) then the nutrients that you will need to grow a crop will mostly be in the bodies of the microbes and won't show on a nutrient test, and yet the crop is great.

When observed properly, weeds may not be all bad. They tell us something if we look. Farmers have said redroot pig weed (*Amaranthus Retroflexus*) has increased their yields. Weeds are Mother Nature's Authentic Soil Regenerators... they break up compacted soil and allow oxygen in, which releases excess carbon dioxide, this action reduces fermentation and increases normal decay processes. Grass-type weeds usually indicate low calcium and high magnesium. Excess tillage or compaction may be included. Always avoid dolomitic lime. The magnesium is too high for our soils and it releases nitrogen unit for unit. Dandelion has a special ability to move or release locked up minerals. If the mineral balances in the soil change to reduce weed pressure then the quality of the crop will change also. As usual there is much more to share, and I think this is enough to get you started thinking like a plant.

GROW IN PEACE Maury Allan Streiff

Today's Health Challenges, by Faye Streiff, N.D.

In our grandparents day, the health issues were vastly different. Rarely did you see a person overweight, because everyone worked so much and ate a much saner diet. More fruits, vegetables, and limited amounts of protein. Today, the constant exposure to high stress lifestyles and the tempting high carb and sugar laden foods are more than most people can stand. So they give in, eating on the run, which impairs digestion and eating whatever is convenient, fast foods or sugary sweets. The human body runs efficiently on fats/oils, but not so much on sugar, however, it can. Once it becomes sugar addicted you will crave it. It is feeding the fungus you now have, the candida, and mold. This sets you up for serious illnesses like cancer, because it is now an anaerobic

environment. Undigested sugar residue causes all kinds of pain in the body and leaches minerals out of our bones, leading to osteoporosis or worse.

We all have dormant or active viruses, especially things like Epstein-Barre, which is not one virus but over 80 something varieties of; and Human Papilloma, Herpes, or Shingles, also multiple varieties. These viruses can manifest in a multitude of ways, and sometimes go to an organ, mimicking diabetes, or thyroid problems, or a severely compromised immune system. And if that were not enough, we are exposed to unhealthy levels of radiation (via Fukushima and testing done in the 50's), as well as heavy metals, and a slew of pesticides, herbicides and fungicides. Then there are the artificial sweeteners, food preservatives, and food coloring in the standard American food fare. Years ago, FDA allowed neotame (an evil mutant cousin of aspartame) to be sprayed on food crops in the field. This makes those bitter tasting nitrate poisoned crops taste good, to both people and livestock. They can spray it on moldy hay so the animals will eat it. Normally they refuse the moldy hay because it makes them sick. This way they eat it anyway, get sick and stay sickly. Little wonder that our food supply is making us all so unwell. Those unhealthy artificial sweeteners make your body very toxic and can cause cancer.

So if you really want to be in optimum good health, clean up your diet, be careful who you source your foods from, read all labels and do your research. Grow an organic garden if you can, or find a good farmer who does and whom you trust. Drink pure water, not bottled in plastic, as there are dangerous chemicals in the plastic. Breathe deeply in pure, fresh air, at least several times a day. Breathe in as deep as you can, hold for about 10 seconds, exhale to the fullest you can and then one more push to clean out the lungs. Amazing what this can do for your body, as well as strengthening the lungs. We get more energy from the air we breathe than from the food we eat, so make sure you are getting clean air, free of contaminants or pollutants. Remember also to stretch like a cat, especially upon arising in the morning, as it limbers up the body and presses on and strengthens the entire gut and endocrine system. Sing. It resonates within your body and is healing to your internal organs and builds your immune system. Most of all, be happy in all that you do, it can increase the immune system 100,000 times.

Detox the body with green drink daily, plenty of good water and add a little organic lemon juice if you can, fresh squeezed if possible. Milk thistle detoxes the liver, parsley with carrot tops, made into a tea, can flush and heal the kidneys. Plantain kills pathogens such as bacteria in the urinary tract or gut. Clinoptilolite binds with heavy metals and radiation and pulls out from the body. A few grains is all it takes, per day. Don't do it everyday, as it can also pull out some of the minerals you need to be healthy. NAC (N-Acetyl Cysteine) helps the glutathione pathway to detox the body and is superb as part of a detox protocol.

For more ways on keeping the body healthy and in balance, read my book, *Body Beautiful, Weight Loss & Rejuvenation.* You can get it at the Farmer's Market on Saturdays for \$12.

Products:

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.

Clinoptilolite (for detoxing heavy metals).

Faye's Miracle Complete Soil Mineral 1# \$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. For 1 # Dry or quart liquid.

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

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. 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; Favorite Easy/Healthy Dinner in a Dish recipes, 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). *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 (50x as much) and is 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)

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.

MAIL ORDERING: MOST OF OUR PRODUCTS, EXCEPT PLANTS, OR TINCTURES, CAN BE MAIL ORDERED. We only charge actual cost of 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 and leave a call back phone number.

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, (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 bare fruit indoors. With correct mineral supplementation, they will bare at two years old.

Cuban Oregano. \$5. Amazing flavor for meatloaf, soups, stews, omelettes, grow on a window sill all winter. 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.

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. Already reserved, will have more in spring.

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

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

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