

## ASR Heartsong Newsletter Sept. 15, 2019

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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Our phones and Internet have been out for a while and Frontier can't seem to fix it, so bear with us. We can be reached on the cell phones (sometimes). We have to go into town to get WiFi to do our Internet. Thus, the newsletter is late this time.

**Survival Skills Workshop:** two day intensive in mid October/Saturday and Sunday. Date and time to be announced. Let me know if you are interested so I can put you on the notify list. We'll do the Intermediate Herb Classes, (wild field walk ID, gathering & foraging, making tinctures, salves and medicinal teas), plus temporary Survival Shelters which you'll help build, Fire building, making tools from breaking rocks, fibers from plants to make cordage (rope), serious survival foraging or making traps, tips on staying warm, finding safe water or what to do to make it so. Includes wild forage cooking over a fire, various ways of preparing foods, bread baking on a rock, etc. All meals included during classes. Camp out on the land or on the enclosed back porch or go home at night if you wish and you are local. \$175. Per person or \$300 per couple. Couples only get one set of the items to take home. If you are single and want to get the couples price, just bring a friend. Get the book Surviving Grid Down, laminated charts on teas, Shake Light flashlight with fire starter lens, Herb Walk DVD, and handouts to take home, all included in the price. If you came to the Sept. 8th herb class and also take this class, the herb part will be a good refresher for you and you'll get a \$50 discount on this class. If anyone wishes to just come to the three part herb class the cost is \$55. For the herb class you get the laminated chart on teas and a small container of salve or ointment to take home included in the price. We'll sample some of the medicinal foraged teas during the herb class part, and make/eat acorn bread, including hands on experience leaching out the acorns.

**Upcoming classes later in the year:** Skin Care and oils/herbs you can formulate at home to do this. We'll team up with a partner and apply soothing lotions or oil mixtures we make to each other. Take home a laminated copy of Oils/Herbs to use on the skin and what they are for, included in price of class. \$20. Class is about 1 1/2 hours with refreshments.

We'll also build a small greenhouse and will have a class around that, so will keep you posted.

### **Farm Products:**

Nice apple crop this year. We did manage to get a few of them before the deer did. **Organic apple/nut bread or apple/cranberry bread** at the market now, with freshly ground organic wheat, Turbinado or raw organic sugars, eggs and cinnamon, unsprayed pecans...\$5. Half loaf. Reserve yours if you want any.

If I have time, will make apple pies for market. Order ahead if you really want one. \$18. each. Have walnuts, organic apples, organic raw sugar and cinnamon.

Will occasionally have **focaccia bread or focaccia pizza**. Organic crust, freshly ground, mozzarella, tomato paste, olives, artichokes, organic peppers and green onion tops. Focaccia is made with a lot of olive oil and great used with a dipping dressing (I use homemade Italian with 2 parts olive oil, 1 part apple cider vinegar, Italian seasoning, minced garlic or garlic powder, sea salt). Or use with Italian food and dip into the spaghetti sauce.

**Pumpkin spice** muffins at the market. Great breakfast treat!

**Coral Mineral** \$26. Per lb. Omri certified organic, Eco Pure brand. (Good internally, and I also use in the mineral mix for plants).

**NEW IMPROVED Green Drink** \$22 per half lb. (has spirulina, chlorella, barley green, wheat grass, broccoli, kelp, dulse, bladderwrack and apple fiber AND NOW WITH CILANTRO AND WILD BLUEBERRY POWDER) Detoxes gently, alkalizes the body, chelates out heavy metals, and nourishes adrenals.

The regular **Green Drink** still available at \$24. Per lb.

**Clinoptilolite** (for detoxing heavy metals).

**Faye's Miracle Complete Soil Mineral Mix 2#** \$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. Quarts of wild Maine blueberry jam for \$12. Please order in advance if you want it.

**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). Put a half teaspoon or less, in a pint or more of water and dip plant roots into it or soak them about 20 minutes before planting. Then water in what is left around the plants. Also use in seed beds to increase germination and vitality of young seedlings. Hydrate in water before using, a little goes a long way.

**Laminated Charts** \$3. Favorite bread recipes; Herbal Teas and their Medicinal Uses; Favorite bean recipes; Making jams/jellies without added pectin; Organic Garden Tips & Companion Planting; Planting Guide with soil temps for best 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)

**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***

***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***

***Raspberry Leaf***

***Blueberry Leaf*** (or Bilberry)

***Chocolate Mint***

***Pineapple Mint***

***Spearmint***

***Peppermint***

***Violet***

***Peach***

***Mulberry***

***Kidney Cleanse*** (parsley & carrot tops)

***Goldenrod*** (for respiratory distress and also relieves cramping)

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 you can get a laminated copy for \$3.

**Tinctures 2 oz.**

**Black Walnut** green hull. \$10. Anti fungal

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

**Cayenne** 10. Helps circulation & heart health

**Echinacea** 12. General immune tonic

**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. Nervine, antispasmodic, and reduces pain.

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

**Chameleon Plant** 12. (For allergies or to strengthen lungs)

**Acid Reflux Formula:** \$12.  
**UTI Formula.** \$12. Plantain & wild lettuce  
**Asthma Formula.** \$12. Mullein & goldenrod. (Pre order please)

**New product: Kidney cleanse powder** (cranberry juice, corn silk and stevia) Add to water and drink. Pre order this please or we may not have it.

**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 to \$40 depending on size.** My big tree at Heartsong which has hundreds of superbly delicious figs each year, is a Brown Turkey. Grow against a south or east facing building for wind protection or you may not get fruit. Figs love hot weather, and being against a building gives them a little extra heat so they produce fruit.

**Thornless blackberry** \$18. Each. (Very large, super sweet, unknown variety)  
**Rhubarb.** \$12. (Large, well established plants, from an old heirloom variety in the Streiff family over 50 years)

**Black Raspberry.** \$5.

**Gynostemma** \$8. Potted (AKA: Chinese Immortality Tea)

**Hanging basket of gynostemma** \$25. 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.

**Blueberries** (large plants, potted). \$12. Each. Order in advance, these are field grown.

**Horseradish** \$5.

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

**HOSTAS** Large pots \$5. To \$8. Depending on how many in pot. Green or variegated.

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

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

## **ARTICLES:**

**ALOE:** Alexander the Great conquered several islands just for the aloe plants to provide the herb to his physicians for dressing wounds. Cleopatra used it as her famous beauty secret, along with olive oil. Aloe alone is astringent and drying, but mix with an oil and it carries into the skin. Aloe heals ulcers within 24 hours, and stops the pain and tissue trauma of burns immediately. I remember as a child when every household had one or more aloe plants in the kitchen just for burns. It also has B12 and can heal the ileum which gets damaged as we get older and prevents the body from uptaking B12 from foods. Best and purest source is to grow it yourself and just slice a fillet out of the inner leaf and eat it, or mix into oils as a cosmetic. Prevents infection. A renowned Gypsy remedy was to make dried aloe balls to feed their prize horses to worm them. Get your plants from Heartsong Farm at the Farmer's Market if you don't already have one.

**Natural Deworming Concoction for Dogs & Cats:**

This is an old time remedy for deworming dogs and cats. Use full amount on full size dogs, and 1/4 amount on cats. Mix one teaspoon of dried, powdered rosemary and one teaspoon of wormwood with 1/2 teaspoon of fresh ground garlic. Mix well. Repeat for 3 days and your pet should be dewormed.