

ASR Heartsong Newsletter Sept. 1, 2019

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

Faye & Allan Streiff. 828-524-8400 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

We are doing a serious remodel at Heartsong Farm and time limited for the next year due to that.

Allan is cutting some of the oak, poplar and black walnut into finished lumber which will be for sale. Let us know if you are interested and need more information.

UPCOMING CLASSES:

NEXT CLASS IS SUNDAY, SEPT. 8 at 2:00 pm. \$55. Per person. 3 classes in one. **Field Walk ID of Wild Edible & Medicinal Plants, Tea plants you can grow or forage (we'll sample several of these), with discussion of proper harvesting time and drying methods, steeping methods; and Making Tinctures & Salves.** You get a container of salve you've made yourself, to take home, and discounts on buying any tinctures during class. Then we go back out and I'll ask the questions and you can identify herbs so I know you got it. Otherwise we go over it again. Tea and scones (all organic) mid afternoon. Will last about 2 1/2 to 3 hours with plenty of time for your health or herb questions. Also you get to take home a laminated copy of the herbal tea chart describing what each kind is traditionally used for. \$55. Per person. Please reserve. If you have already reserved, remind me and give me a phone number so I can reach you in case of last minute changes in schedule.

melc8399@gmail.com or 828-524-8400.

Survival Skills workshop, two day intensive later in Sept. 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 above Herb Classes, 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. Get the book *Surviving Grid Down*, laminated charts on teas, Shake Light flashlight with fire starter lens, and handouts to take home, all included in the price. If you come 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.

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. \$15 each. Have walnuts, organic apples, organic raw sugar, cinnamon.

Occasionally will have focaccia bread or focaccia pizza or with black olives. Focaccia is made with a lot of olive oil and great used with a dipping dressing (I use home made 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.

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. (has spirulina, chlorella, barley green, wheat grass, broccoli, kelp, dulse, bladderwrack and apple fiber) Detoxes gently, alkalizes the body, chelates out heavy metals, and nourishes adrenals.

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.

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)

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)

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)

If you want a chart telling you which teas or herbs 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 free, two pages. Laminated copies available for \$3.

Tinctures 2 oz.

Black Walnut green hull. \$10

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

Cayenne 10

Echinacea 12

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: 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. 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.

Basil, in pots, grow in a windowsill for winter. \$1. Each.

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)

Hangin basket of gynostemma \$30. 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 Sept. 15.

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

Horseradish \$3.

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.

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

ARTICLES:

HEALING FOODS: Plenty of great fruits and veggies at the farmer's market this time of year. Stock up while supplies last. Remember too, that optimum health cannot be gained unless you eat at least 10 servings of fruits and veggies daily (the 5 servings recommended by FDA guidelines is just enough to keep you alive). Eat plenty of variety in your diet to get most of the vitamins and minerals you need, as they are key to health. If the minerals are not in the soil, they cannot be in the plants.

TOMATOES have a lot of lycopene, made more available if they are cooked. They also have a type of Vitamin C not found in other foods. Do not eat them if they are getting blight which leaves black spots on the tomato and throughout. Those mold spores will be throughout the tomato if there is a black spot on the fruit, so throw those away. Too much rain activates it in the soil. Remedy is activated aerated compost tea. See Allan at the Farmer's market and he can tell you how to make it and spray it on your crops. Spray the plants and the soil and it kills the mold spores.

BEETS are high in nitrous oxide which increases circulation and helps keep your arteries cleaned out. I use them in pancakes/waffles or in cake such as red velvet just as a coloring so I don't have to use the carcinogenic food coloring. Or if I don't have fresh beets, I use beet root powder as parts of the dry ingredients. The added health benefits are in the finished product.

For waffles I cook the beets, purée, add to the batter, along with the freshly ground whole grain organic flour, whole milk yogurt, an egg and baking soda and oil the waffle iron with organic coconut oil. Try it sometimes, you'll love it.

GINGER: Good for nausea, eaten with raw fish, it can kill parasite larvae; warming to the body and it just really tastes good. Love those gingerbread cookies! The US Navy started using it en masse for sea sickness among sailors after one of the sailors

told his commanding officer how he used it during a rough voyage when everyone else was hurling over the side of the ship, and he never had a tinge of nausea. Ginger is also a good detox nutrient, very mild.

HEALTH BLURB:

So much of today's youth are disturbed emotionally. Many of them are raised on cell phones and video games, much of which is very violent. A generation ago, it was the tv that babysat for many working parents who were exhausted after a long day at work and then having to come home, cook and tend to the family. Children need the closeness of mealtimes together with parents and siblings, and time spent with friends. Instead texting has become the means of communication and something is seriously lacking in all that. Life becomes unemotional, and a person is left lonely and unattached to anyone with no guidelines in life at all. I firmly believe this is the reason so many young people are committing suicide or getting into trouble with drugs. They are acting out to get attention or just feel unloved and worthless because they never had the emotional support of being with someone they could see as a worthy role model. They are looking for something to make them "feel good". With no direction in life, they feel adrift, unattached, and with no reason to live. I'd like to see the violent video games banned, as they desensitize a person to violence and even committing murder because they believe it is not real. Teach the children to respect others and what it feels like to be doted on and loved and we won't have mass shootings.

FATS & OILS:

Some people erroneously think that cutting out fats in their diet helps them lose weight. Good fats include the unsaturated stuff like olive oils, sesame, and corn or peanut. Corn can have aflatoxin and so can peanuts, so I usually avoid those. Flax seed oil (or just eat ground flax) or krill oil as a great source of Omega 3 oils. We also eat quite a bit of good grass fed butter, which contains nutrients not available in the vegetable oils. Make sure you get plenty of all of the omega oils, 3, 6, and 9. Our bodies are made to burn efficiently on fats or oils, but not on sugar. Sugar leaves a residue which causes pain in the body and it feeds candida, fungus and mold. Some of the vitamins are fat soluble and if you don't get enough you will be deficient in Vitamin A, and have dry skin and hair. Dry skin and hair can also be a thyroid issue, with insufficient thyroid hormone or just a Vitamin A deficiency. Our bodies cannot digest grain without oil. If you are using whole grains, there is enough oil in the grain to digest it, but not if the germ is removed.