

August 1 newsletter ASR Heartsong. FARMER'S MARKET ON SATURDAYS AT FARMER'S MARKET FRANKLIN, BEHIND RATHSKELLAR. 8:00 TO NOON. We get there early, usually long before 7:00.

Faye & Allan Streiff. [828-524-8400](tel:828-524-8400) or [melc8399@icloud.com](mailto:melc8399@icloud.com). Allan's e-mail is [maury4372@icloud.com](mailto:maury4372@icloud.com). Faye's cell [828-200-4231](tel: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](tel:828-421-7094). (Note from Faye: I can't always retrieve messages from the phones, so if I don't return calls, drop me an e-mail and I'll probably get it.)

If anyone has tried to schedule a consult for us to go to your house for a dirty electricity assessment or for Allan to do a consult on garden, livestock or crops and we haven't gone yet, please contact us again to schedule. We've been so busy we are still trying to catch up.

The mobile home and shop on 1.3 acres which was the co op location on Jack Cabe is for sale. We are working on the mobile home, but will sell as is for less. Just needs room finished in back, rest is ok. 3/2 in mobile and half bath in the shop plus an enclosed garage under the shop. Double carport by the mobile. If interested please contact Faye. Very livable already and a great neighborhood. Room for a garden.

I have an outbuilding full of cases of used canning jars, mostly quarts. Will sell cheap if anyone is interested, make an offer and perhaps come by and pick out what you want or just let me know and I can bring to Farmer's Market. I'm keeping a few dozen but don't need more than that. [melc8399@icloud.com](mailto:melc8399@icloud.com).

**PRODUCE NOW AT FARMER'S MARKET:** Everything authentic grown, beyond organic, incredible flavor and nutrient dense. Limited quantities, we will hold for you if you order in advance. Note: Deer figured out the electric fence and trashed the garden, we may not have much except beets or a few peppers, and cucumbers.

**Purslane in bags for \$3.**

**Yellow crookneck squash \$1. Lb.**

**Green beans \$4. Lb. (young and tender Blue Lake stringless). 3/4 lb. bag for \$3. N/A**

**Cucumbers 2/\$1.**

**Fresh parsley \$2. Carton or \$3. Bag**

**Tomatoes \$1.00 lb.**

**Peppers \$1. Each extra large. Medium 50 cents.**

**Beets \$1. lb for roots. If you want a large quantity to put up, we'll do larger discounts, if you let us know in advance and pre order.**

The apples are ripening at Heartsong Farm. We aren't selling apples, we're making the incredibly delicious **organic apple nut bread** with them; and **Apple Pie supreme** w/walnuts. \$15.

**ORGANIC APPLE NUT BREAD. Half loaf \$5. By weight 75% apples.**

**Organic apples grown at Heartsong Farm, unsprayed pecans, organic freshly ground whole wheat flour, Turbinado sugar, eggs, cinnamon, baking soda & baking powder, Celtic sea salt.**

**CAROB COOKIES. \$1.00 each. By weight over 75% is carob. (Delicious and healthy). Carob powder, organic fresh ground whole wheat flour, organic raw sugar, organic apple juice, grass fed natural butter, eggs, Rumford baking powder, cinnamon.**

## **Farm Products:**

Golden Blend Goat Minerals \$2.00 per lb. (sold my goats so don't need this any more)

Coral mineral \$26. Per lb.

Green Drink \$26. Per lb.

Faye's Soil Mineral Mix 2# \$8.

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.

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 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; 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 \$10 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 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 were used) \$15.

*Organic Herbal Teas (most are \$5. Pint). Not all of these are always in stock.*

*Catnip*

*Chameleon plant*

*Chamomile*

*Echinacea (sold out for now)*

*Gynostemma*

*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](mailto:melc8399@icloud.com) with "Request for Herbal Tea Chart" in the heading. I'll e-mail it back to you, two pages.

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 12

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

Chameleon plant. 12. (For allergies or to strengthen lungs)

New product: Kidney cleanse powder (cranberry juice, corn silk and stevia) Add to water and drink. \$15. Jar (half pint). 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.**

**Thornless blackberry** \$18. Each. (Very large, super sweet, unknown variety) (not available until cooler fall weather)

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

**Black Raspberry.** \$5. (Not available until cooler fall weather)

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

**Hanging basket of gynostemma** \$30. Please reserve if you want one.

**American Elderberry** \$8. Large plant, 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. Not available over summer.

**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. Hanging basket \$8.

**Small ponytail palm** \$8. Large ponytail palm in pot, (aka: Elephant foot palm) 7 feet tall. \$100.OBO

**Chameleon** plants, variegated pink and cream color. Two per pot for \$5. (Pond or wet area plant, also used as a medicine plant.) Use as salad herb, or as a tea. Works on respiratory system, allergies, sinus, anti-fungal, anti-bacterial, anti-microbial.

**French Lilac** (purple). \$8.

**Redbud**, potted. \$5.

**Ginger plants** (easy to grow, just bring indoors over winter). \$5. Per pot.

Basil \$2.

Small pots of culinary herbs: \$3. Larger pots \$5. To \$8.

**Catnip, Lemon Balm, Cuban Oregano AKA: Mexican mint; hyssop, peppermint, spearmint, or chocolate mint.**

**Upcoming Classes** next few months: If you are interested in any of these classes, let us know so we can make sure you are on the notify list. We are trying to work around weather so will let you know time and date if we know you might be interested. Let us know what time frame/day of week works best for you. Please reserve classes in advance.

Late July: Survival Skills based on Faye's book **Surviving Grid Down**. Discussion on how to make water safe if there is radiation or finding safe sources of water if the grid goes down. Living without power, how to stay warm when there is no external heat source, wild foraging, herb walk, storing food safely, temporary makeshift shelters, and lots more. We'll have plenty of time for your personal questions and discussions and you get a copy of Faye's book included with this workshop. \$10 off if you have already purchased this book and bring it with you. \$65 per person. Handouts on food/supplies or storage suggestions. About a three hour class and we'll sample some wild edibles. (Longer, more intensive and hands on class in September)

August: **WELLNESS FAIR WORKSHOP. (Includes book)**. Presented by Faye & Allan Streiff  
An All Day workshop, healthy lunch provided. \$100. 10:00 to 3:00. Location and date to be determined. Couples \$175.

Discussion on a truly healthy & balanced diet and how it can benefit your body. Intermittent fasting and how it and diet can heal the liver and flush your colon and lymph system. Best herbs or foods to continually detox the body. What mineral deficiencies affect the heart, pancreas, tonsils, hair/nails, etc.

Oriental tongue diagnosis discussion, and how you can look at the fingernails, skin, hair, eyes and what different things mean pertaining to wellness. Pressure points to check for bone strength and ways to improve it naturally.

A quick check for how clogged your arteries are and easy ways to help clear them. What standing vs. sitting blood pressure indicates.

Lunch. (Soup, bread, salad)

Get a free scan/assessment by Faye and Allan Streiff, both medical intuitives. Faye is a naturopath. We are here to teach you how to manage your own well being and what to watch for in order to do that.

Get a free signed copy of Faye's book, **Body Beautiful, Weight Loss & Rejuvenation**, to take home. If you already have purchased a copy of this book, bring it with you and get \$10 off the cost of the workshop.

Discussion on frequency/sound/vibrational healing and herbal medicine. Allan will bring his voltage meter and check your frequency. How you can have improved wellness, and a longer lifespan (barring accidents) if you can just rid yourself of viruses, parasites, heavy metals, chemical and emotional toxicity, and how a healthy diet and lifestyle contributes to that.

EMF dangers and ways to mitigate your exposure. How much does WiFi, cell phone usage, and 5G really affect your health.

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**Building a Greenhouse, Micro climates and season extenders:** How to build a simple cold frame or use row cover to grow crops year round here in Franklin, N.C. How correct minerals or herbs used for the soil will make your plants more productive, cold hardy, insect resistant, and resilient. It also makes the fruit or veggies taste better. Be more sustainable on your own land by growing more of your food year round. Techniques for green houses, and other ways to use the sun/rain/wind to your advantage. How to place or situate your garden for best winter/summer exposure, etc. We will actually build a small greenhouse, so hands on experience for students. \$55. Taught by Allan Maury Streiff. (ASR (authentic

soil regeneration) Heartsong). All day class, bring gloves, and comfortable clothes/shoes. Lunch will be provided. Bring your own beverage or water bottle. Probably in September.

Late summer/early fall: A repeat of the **Wild Edible & Medicinal Plant Walk, Making Tinctures, and Herbal Teas you can grow**. Presented by Faye & Allan Streiff. All three classes in one. We'll gather and sample some of the herbal teas and discuss best ways to dry and use them. Field ID walk. Learn to make your own tinctures from what grows on your land or near it. Always different depending on the season. This one will be at Heartsong Farm. \$55. per person. Take home a laminated chart on the Uses of Herbal Teas, included with this class and we'll sample some of the teas. (Same as information shown below). Two to two and a half hour class, with time for your questions.

September class: **Two day Survival Skill workshop**. Presented by Faye & Allan Streiff. \$165. (Couples \$300). (Includes book, Shake Light Flashlight with fire starter and other handouts and items. Couples get one set of items.) 1st day Lunch, dinner, 2nd day breakfast and lunch provided. 9:00 check in time first day, should be finished by 4:00 pm second day. Camp out at Heartsong Farm (Primitive camping, bring your own tent and sleeping bag or choose to sleep on the screened in back porch. If you live locally, you have the option of returning home at night. Intensive class taught by Faye Streiff, N.D. & herbalist, and Allan Maury Streiff who was trained in survival skills in the military. Hands on building a temporary survival shelter with your bare hands, how to make tools by breaking rocks, finding or making water safe, foraging for food and medicine plants, and we'll cook some of the foraged foods over a campfire. Nutrition from the wild, making sure you get enough protein and vitamins. Building a small clay oven (hands on), primitive bread baking, fire pits, and other ways to safely cook your foods. Includes emergency medical in case you are lost and alone in the wilderness. Best treatments for snake bite or poisonous insect. Dealing with aggressive wild animals. Best ways to survive and be safe if you are traveling and your vehicle breaks down in a remote area or some natural disaster prevents you from arriving at your destination. (Note: If you coming from out of town and need to arrive the evening before classes start, no additional charge if you bring meals for yourself for the extra time interim, as we will not serve food before lunch 1st day.). Limited enrollment, let us know as far ahead as you can if you wish to come.

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### **Health Blurb: Let Your Food be Your Medicine**

One of the greatest things you can do to have good health is to eat plenty of fruits and vegetables, at least 10 servings a day, not just the 5 per day recommended by FDA. However, exercise is even more important than the food you eat. Work your body, walking, swimming, gardening, housework or outside work, whatever it takes.

What a great resource we have at farmer's market, to buy not only produce, but also fresh trout, lamb, pork, goat cheese, eggs, beautiful soaps, body scrubs, fresh baked bread, and other things. Patronize your local farmer's markets and help keep those small farmers in business so they will be there when you really need them to be. For best digestion and health benefits, eat in season what grows locally, and more of the stored foods like winter squash, root vegetables and cool season produce in winter.

Purslane is one of the super foods, strengthening bones, helping allergies, cardio health, benefiting gut health, and a host of other things. It has extremely [high levels](#) of omega-3 fatty acids, particularly for a land vegetable, as well as significant amounts of [fiber](#), [vitamin A](#), [vitamin C](#), B-family [vitamins](#), [iron](#), [magnesium](#), [manganese](#), [potassium](#), [calcium](#), and [copper](#). Furthermore, the betalain pigments (powerful antioxidant compounds) and carotenoids round out this veritable treasure trove of nutrients and beneficial organic compounds. Look it up online, you won't believe all the health benefits it has. It is incredibly delicious, which is why it is a favorite vegetable in European and Asian countries. (It is one of my favorites.). Try it in smoothies, salads, with squash, stir fry, soups, casseroles. We have plenty of it at our table, at Heartsong booth. If you don't live in Franklin, you can probably find it at your local larger

health food stores, all over North America. It has naturalized everywhere, on almost every continent except the very cold areas.

Cucumbers are cooling to the body, extremely alkaline, and high in potassium and other electrolytes. They even soothe the eyes when they are over tired. Just cut slices and lay them over the eyes and relax a bit while they do their work. Also very good for people with blood sugar problems.

Green beans only have 8 calories per pound. Lots of health giving minerals and they help flush the kidneys.

Shiitake and some of the other mushrooms are a blood thinner and help remove heavy metals from the body.

Lemon juice, watermelon juice or seeds, other melons, or parsley are all diuretic and help flush kidneys. Parsley and carrot tops together, handful made into a quart of tea, can help heal kidneys and improve their function.

Apples help keep viruses in check, so that old adage about an apple a day has merit. Try to get pesticide free if you can, so you aren't ingesting pesticides which cause all kinds of endocrine system, nervous system disruption.

Root crops like carrots, and beets are cleansing to the liver and really help the body detox. Carrots are particularly good for the vision. They also have a type of fiber that benefits the acidophilus and so do pears. Too much sugar in carrots for diabetics if they are cooked, but even diabetics can eat some of them raw as they are more difficult to digest that way and uptake more slowly.

Celery helps correct chronic dehydration and is a tonic food. In medieval Europe it was only used as medicine and not in common use as a food crop.

Dark green leafy vegetables like kale, lamb's quarters greens, collards, bok choy, purslane, and others, have a lot of chlorophyll, as well as folic acid. Folic acid has been found to be more effective than chemotherapy in cancer patients. Several servings per week is a great way to stay healthy and the fiber keeps the colon healthy too.

### **The Organic Grape Industry in California**

Soil Regeneration people taught some of the grape growers in California how to grow delicious, highly productive grapes without toxic chemicals years ago. Despite the fact that even the organic outfits told them they could not grow them without spraying, they did. Calcium drenches and microbial teas sprayed directly on the grapes was the key. Insects don't like it. Fungus doesn't like it. When the temperature is cooler, like it is in the morning, and the dew is on the plants, they are up taking through their leaves. They can be fed a foliar spray this way that will directly benefit the plant, a shortcut to them taking it up through the roots. But remember, it is only during certain hours they are up taking nutrients this way. Very beneficial to the health of the plant. I just wish all the organic growers knew about these methods, as they are much less costly than some of the harmful things they are actually doing. Not only that, but the plants are much more productive, the fruit larger and heavier so they get more profit in an industry that is risky at best.

### **What excess nitrogen does to plants by Faye Streiff**

Nitrogen is what makes the leaves dark green and the plants have lush growth. However, when they are pushed with too much nitrogen, (they only need a little bit), it weakens the plant cell walls. That attracts hungry insects (they see a color spectrum we can't). The insects home in to that particular color as they fly over and they quickly arrive to clean up the sick plants. It also allows fungal diseases to take over and destroy the plant. Best to use adequate amounts of humate to encourage microbes and then feed them what they like, calcium/phosphorus/potassium and trace minerals, plus small amounts of compost. There are about 80 trace minerals, all needed in human bodies and plants, as well as

livestock. Think of it like baking a cake. Would you leave out some of the ingredients and expect the recipe to work anyway? It all has a synergistic effect and you need all of it to get the expected results.

**Compost and what it is made from** by Faye Streiff

Compost can be made entirely from plants, but remember to add green material which is bacterial dominant and brown material (dried plant matter) which is fungal dominant. Add a little humate and garden soil to inoculate it. Throw in some fungal material like mushrooms or lichen, a bit of rotten wood from trees casting down their branches. (Don't use any treated lumber). Most plants are bacterial dominant when young and growing and fungal dominant as they are fruiting or maturing. Those white strands you see in healthy soil with lots of organic matter in it, are the minerals released from fungal hyphae, as they break it down from minerals in the soil and then die off. It indicates healthy soil with lots of microbial content. That is your goal. (Not to be confused with white fungus which might be growing on your plants when they don't have enough good ventilation and we have too much rain.). The broken down minerals can then be up-taken by plant roots and mycorrhiza will actually grow on the roots in a symbiotic relationship for some plants. Root exudates from this are also rebuilding your soil. Just don't allow black walnut to grow within a few hundred feet of your garden if you can, it has an exudate which kills most germinating or growing plants. Compost made from animal manures has enzymes in it which kill plant pathogens which damage crops. The ones made from plant matter only do not have enough of this. Good compost needs to be turned enough to aerate it so the good microbes can work on it. This heats up tremendously and at 140 degrees most pathogenic materials are destroyed. Earthworms also, have an exudate in their gut and on their skin which kills E. Coli, staph, strep and a host of other things you don't want. Otherwise most of those things are naturally occurring in the soil. Give the earthworms calcium which they love and enough organic matter they have something to feed on and they will work for you! As Joel Salatin is fond of saying, "let the animals work for you."

Animal manure from livestock which has been given chemical wormers can also kill your earthworms if you use that in compost, so keep that in mind.

Making a good compost pile is kind of like baking good bread. Once you get the hang of it you will always get it right, but there is a slight learning curve. Just the right amount of moisture keeps it active and turning it exposes it to more oxygen which creates the right amount of heat to break it down completely and thoroughly. Too much water can leach out the good stuff into the ground water, when you really need it on your crops. Then there is sheet composting, which is what farmers used to do and some still do. That means cleaning out the barns over winter and throwing it all over the garden area to break down over the cold months. It can be grass clippings, weed debris (hopefully cut before it has seeded out), or leaves. No black walnut or chestnut leaves as they can also harm your crops. They produce a chemical which kills competing crops to give them an advantage. Come spring, the materials are already dissolved into the soil, or just turn it in to ready it for planting crops.

NOTE: THE MOTHER EARTH FAIR WILL BE HELD AT POLYFACE FARMS (JOEL SALATIN'S farm in SHENANDOAH VALLEY) IN 2020. Hope to see you there!

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**BRING YOUR GARDENING QUESTIONS TO US AND WE'LL TALK TO YOU ABOUT NATURAL METHODS WHICH REGENERATE YOUR SOILS AND NOURISH YOUR BODY, AT FARMER'S MARKET.**

We are what we eat.

## **NATURAL HEALTH**

Air, water, sunshine and exercise are the basis of Natural Health; humans are outside critters from an ancestral background of hunters and gatherers. It's part of our DNA.

Paul Bogard, in his book, "The Ground Beneath Us", states that those of us in the western world now spend about 90-95 percent of our time inside autos, houses and or work places. Effectively, we have separated ourselves from the ground with concrete, asphalt and flooring. We exercise at the gym with an expensive membership. When we go running, we run on the asphalt or concrete with our special running shoes made of rubber or plastics that all insulate us from the Earth. Grounding, Earthing, is where our bare feet are in contact with the dirt, soil, Earth.

A paragraph from National Geographic;

"It's estimated that children now spend less time outside than the average prisoner. This could have devastating effects: kids need to be exposed to the microbes in the soil to build up their defenses against diseases that may attack them later." The corporate agenda is to vaccinate and I think we all know that is not working, or maybe it is working, depending on which side of the fence you are on. Is there a hidden agenda here?

The EPA estimates that the average American adult now spends 93 percent of their life indoors. As we retreat indoors, more and more of the Earth is disappearing, with an estimated quarter of a million acres paved or repaved in the United States each year.

We have effectively lost our small farms and gardens, our cities have grown larger and the farms are now corporate entities with absentee owners. Much of our food today is imported and/or processed with materials I can not pronounce. The nutrient quality of this food is questionable (Fast Food Nation, by Eric Schlosser). Yes, we are addicted to the burger and fries with a soft drink (HFCS) or chicken nuggets or something like that... we don't even care that it isn't healthy. When you talk to people about their fast food addiction, they say eat healthy diet anyway. This is called "addiction attitude" and is just a way of coping.

It's taken nearly a century and many good things have come of it, but our dependence on modern medicine and technology has separated us from the Earth that we came from.

As for medicine, antibiotics, vaccines, surgeries and the like are not necessarily health oriented; they are first and foremost money makers for the pseudo-medical establishment.

Some good news in all of this is that the world is beginning to see where it is now. We are asking for a cleaner, healthier way of life. People are beginning to cook again, and even where possible to garden, we are taking back our small farms and organic growers are increasing in numbers dramatically. Every day we hear more people asking for healthier medicine with MDS offering alternative services saying that if they had to do their training over again, they would opt for natural medicine. The world is shifting its way of Being... enjoy the ride!

Grow in Peace,  
Maury Streiff

**HEALTHY RECIPES:** (I might make some of these to sell at Farmer's Market if I have time)  
ZUCCHINI OATMEAL COOKIES. (Converted from Kathie's recipe at Homespun Seasonal Living website). CHECK OUT HER WEBSITE for more great recipes using veggies.

1 1/2 cup whole grain flour (I use organic spelt or oats)  
1/2 tsp. Baking soda  
1/2 c. Butter, softened  
3/4 cup Turbinado sugar or Sucanat  
1 egg  
1 tsp. Vanilla extract  
1 1/2 c. Shredded zucchini or other squash  
1 c. Organic rolled oats  
12 oz. chocolate chips (opt.)  
1/2 c. Walnuts, chopped (opt.)  
1/2 c. Raisins (opt.)

Drop by tsp. Onto treated cookie sheet. 350 F. 15 to 20 minutes or until browned around edges. Do not over cook. Let cool on wire rack before removing with spatula.