

## **SRG (Soil Regeneration Group) Heartsong Farm. Newsletter 1/1/20**

Happy New Year! Due to busy schedule just doing a once a month newsletter over winter.

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At Farmer's Market, weather permitting, behind Rathskeller in Franklin almost every Saturday. Winter hours 10:00 to noon. If temps are much below 40 or rain in the forecast, we probably won't be there over winter on those days. You are welcome to come to Heartsong Farm for pickups if you call ahead to make an appointment, otherwise the front gate may be locked, or we may be busy with projects.

### **ARTICLES: Growing Plants 101:**

Acid Loving Plants is a myth. Blueberries need a fungal dominant soil and if those conditions are met, can grow in an alkaline soil base. Rotted leaves or rotting pine bark can create those good fungal dominant conditions for them. Throw in a handful of well rotted manure around the base and out about 10 inches, and Maury's minerals hydrated into water. Feed them well and they will produce abundant, healthy crops for you. Don't forget to harvest leaves in the fall for tea which will lower blood pressure, balance blood sugar and improve vision.

Too much magnesium hardens soil, but plants need it in the correct amount. Most Dolomites are too high in magnesium and makes the nitrogen outgas, not uptaking it as nutrient for your crops. Use high calcium lime instead or gypsum (it has sulphur) for those plants which like the extra sulphur, (think garlic, onions, cruciferous vegetables, blueberries).

Turning a fungal dominant soil creates a bacterial condition which counteracts the fungus. Fungus likes anaerobic conditions more than bacteria. As some plants mature, they like a more bacterial dominant soil. Loosen very lightly for carrots, they like fungal dominant.

If you feed the soil correctly, the soil will be so healthy it will destroy any plant diseases and you won't have to rotate crops. This way, even if some plants are pulling out certain nutrients, you will be replacing anything they need in the way of minerals. All plants make exudates on their roots and they prefer to grow where they've grown before, because they are building up exudates beneficial to them. Tomatoes, particularly, benefit from this.

Bacteria and fungus together, sequester nutrients in the soil and hold it, so they are very slowly released to plants, just the way they like it.

Use algae water on compost to enhance it with microbes and nutrients. Algae promotes plant growth.

Spray a mix of 2 tbsp powdered milk to a gallon of water, spray on tomatoes or grapes for blight. (Or use fresh whole milk). Make sure it has a little butterfat or oil to make it adhere to the leaves better.

## **PRODUCTS:**

Organic pecan candy, with locally grown pecans, honey, butter and vanilla extract. \$2. Oz.

Shiitake sold out for season. (But we will have a shiitake class soon and you can make logs or we will sell inoculated logs at market for \$40 each.). If you come to the class and bring a friend, both can take home a log, with total cost of \$70 instead of \$40 each. One day soon on a Saturday or Sunday afternoon when it is warm enough and not raining. We've already cut oak trees and they are ready to saw into logs, and spawn is ready. Let us know if you are interested, and which day works best for you, so we can plan ahead and notify you so you don't miss out.

Have a few **sunchokes** and still harvesting, but not many left. \$5. Per lb. Please order in advance if you want any to make sure we have enough. Sweet, crunchy and nutty tasting. Delicious roasted with other veggies, stir fried or raw in salads. Also use as a replacement for water chestnuts. These are Stampede variety (aka: Jerusalem Artichokes). If you want them to plant, let us know ahead of time so we can pull out the biggest for you and not scrub them so intensely. See one of us for growing instructions to maximize your harvest.

**Kaffir** lime leaves (fresh) small Pak \$2. Order in advance or we will not harvest leaves. May have plants available in spring.

Green Drink \$26. Per lb. (this is a wholesale price to farmer's market and mail order customers). Has spirulina, chlorella, barley green, wheat grass, broccoli, kelp, dulse, bladderwrack and apple fiber) Detoxes gently, provides an abundance of vitamins/minerals, alkalizes the body, chelates out heavy metals and radiation, and nourishes adrenals. I didn't like what was available at stores or online because they put so many near worthless fillers in it, so made this formula myself.

Clinoptilolite (for detoxing heavy metals). Small container \$5. Larger containers, 2 1/2 times larger for only \$12. Only use a tiny pinch of this at the time.

**SPECIAL BONUS OFFER: BUY \$30 WORTH OF MINERALS OR WORM CASTINGS AND GET A FREE 1 CUP BAG OF INOCULANT TO BUILD YOUR OWN INOCULATION PILE.** For more information on building an inoculation pile check the website at [www.soilregenerationgroup.com](http://www.soilregenerationgroup.com). The inoculant has many species of mycorrhiza, fungal hyphae, beneficial bacteria, enzymes, microbes. Add to your compost to activate it. Please order this in advance, so we can make sure we bring to the farmer's market for you.

*When your garden has active microbes to unlock the natural fertility (rainwater has more nitrogen than your entire garden needs, but it takes actinomycetes bacteria to make it available), and the right trace and major minerals, along with a little humate and compost, you won't need additional fertilizer. The yields will be fantastic, the taste superb, the plants robust and insect resistant. Insects attack sick or stressed plants, they are the clean up crew.*

**Remember that we can mail order. When we ship green drink we put into heavy duty ziplock bags so they weigh less. A flat rate envelope which is \$7.35 will hold two pounds of green drink or Maury's or Faye's minerals, or many containers of herbal teas. We can also do gift certificates for anyone wanting them which are good for any products we sell or for classes or workshops we do. Gift certificates good for a year.**

Worm Castings \$15. For 1/2 cubic foot bag  
1 cubic foot bag (approx) \$30. These are over on weight, actually 1 1/4 to 1 1/2 cubic foot so you get a little extra.

Faye's Miracle Complete Soil Mineral 1# \$12. Use with a little compost, or worm castings or Maury's Mineral for best results.

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 with humate, (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)

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

Organic Garden Tips & Companion Planting

Planting Guide w/seed germination times, and optimum planting temps.

Natural Skin Care, and others. These make great gifts too.

**Faye's Books & DVDs.** Books are \$12 and DVDs are \$15.

*Surviving Grid Down* What to do in the event of catastrophe in order to survive & thrive. Making safe water, foraging, keeping warm or building temporary shelters.

*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 for dried herb) *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. Slows uptake of sugars, helps with weight loss.

*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)*

*Mullein (strengthens lungs and helps expel mucus, good for asthmatics or emphysema)*

*Many times the leaves of a plant are more nutritious than the fruit. Blueberry and bilberry, (which is a wild blueberry), leaves have much higher antioxidant value than the fruit (50x as much) and are 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](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. 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)

Only 2 bottles left of the Madagascar Bourbon Vanilla extract (4 x strength). \$28. Per bottle. Only use about 4 drops instead of a teaspoonful.

### **LIVE PLANTS:**

**Thornless Blackberry**, very large and sweet fruit, heavy producers on very large vines. \$18. Each 2 year old plants. Limited quantities. Plant 20 feet apart on a trellis. Order in advance, these are field grown and we have to pot up for you.

**Mara des Bois strawberry** plants, large established one year old plants. \$1.50 each. These are a gourmet variety, incredible taste and heavy producers, drought resistant. Field grown, so order in advance and will bring to you in a box, not potted. Or

you can pickup at Heartsong Farm, or the Farmer's Market, whichever is more convenient for you.

**Rhubarb** plants later in spring. \$12. Each. Old, established heirloom variety.

**American Elderberry** available now through spring but very limited quantities as they were accidentally mowed. \$8. Each. Field grown, will dig when ordered.

Will have lots more plants available in spring. All plants grown in organic potting mix with minerals and microbes added.