

SRG: SOIL REGENERATION GROUP & HEARTSONG FARM. FEB. 1, 2020
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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 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 sure we are there and not tied up with building projects. We are only about 4 miles from the Farmer's Market.

NOW AVAILABLE: Please order in advance so we bring it to market.

Shiitake logs 24". \$40. Comes with growing instructions. Later in spring or in fall we'll have limited quantities of shiitake mushrooms for sale at \$16 per lb. We use most of them for ourselves. *Just love those shiitakes!*

Green apple wood for smoking \$5. Bag.

Allan and I still have a lot of stuff for sale. Some of this is posted on Facebook Free Classified and also Craigslist. He has a lot of wood shop tools (duplicates) which we are selling, and more than one set of Pampered Chef cookware and kitchen tools, and 5 geodesic dome kits which could even be repurposed for the lumber in them at bargain prices. If you need anything contact us for a list. We are trying to raise money for a down payment on a tractor.

TIME TO MINERALIZE SOIL:

Mineralize your soil now. The microbes are waking up during those freeze/thaw periods. Your county agent will tell you that snow or rain has no nutrient value to add to the soil, but that is not entirely correct. There is a lot of nitrogen in rainwater. Actinomycetes, an anaerobic bacteria found in healthy soils, is necessary to break down that nitrogen and make it available to the plants. When the soil freezes and heaves, it allows oxygen to enter, changing soil from anaerobic to aerobic, and from fungal dominant to bacteria dominant. Actinomycetes go into a huge growth spurt during those periods. As the soil becomes saturated with water, it eliminates oxygen pockets and the actinomycetes are in their favored environment. Back and forth, the way Nature intended, allows various organisms to flourish in their preferred habitat, die and add their mineral content back to the soil. Enzymes, beneficial microbes (fungal and bacterial), are necessary for all life. If you spray with Maury's or Faye's minerals, making sure humate is present (we now add humate to both of those mineral applications), and a little compost tea, your soils will have everything present to flourish and grow your crops as the weather warms. Our mineral mix has

everything known on the planet, the major minerals plus the almost 80 trace minerals. If you don't have good quality compost available, or worm castings, just use more humate, and we have that at Farmer's Market also. Minerals are the key to health in plants and animals, including humans, but they need co factors to be able to assimilate and uptake or they are worthless. Allan sprays our fruit trees and blueberries, in late spring, on the foliage, with the Hydroseeder. Compost tea on the foliage coats the leaves with beneficial fungi & good bacteria, giving it a healthy/balanced ecosystem, and protects the leaves of the plants. Whole milk added to the compost tea will prevent or cure blight or other fungal diseases. He can do yours too, if you want him to, just call us for an appointment and quote on price.

DEFENSE FOR FLU/PNEUMONIA: By Faye Streiff, N.D.

Unfortunately the flu mutates so quickly the vaccines are almost worthless. Many people getting vaccines are actually spreading the flu because they are using live viruses. For good herbal defense which the "bugs" don't get resistant to, use one or more of the following: oregano oil, olive leaf extract, thyme oil, clove oil, garlic/onions. People who eat fresh garlic every day rarely ever get sick from anything contagious. A cut clove of garlic placed within 2 inches of a petri dish with harmful bacteria or viruses, can kill the pathogens. What a wonderful resource! Lots of local farmers grow garlic, so check out your good, organic sources. Most garlic in the grocery stores is coming from China, and everything imported is irradiated, destroying most of their medicinal properties. Farmer's Market is your first and best place to shop. Get to know your farmers, and a lot of them who may not be at market in winter, have produce you can get if you come to their farms, but remember it is difficult to grow anything in cold weather. Call them first.

For pneumonia, elderberry juice with a few drops of peppermint oil added will kill the virus or bacteria, usually within 36 hours. Then use an expectorant like eucalyptus (which also kills bacteria and pathogens) to get the fluid out of the lungs. A diffuser using eucalyptus oil, pine oil, or peppermint oil can destroy a lot of airborne bacteria & viruses. One of my herbal vet books says to place pine branches in the barns in winter if one of the animals gets pneumonia, as it can help their breathing and help prevent transmission to others. In fact, it says to put the branches down for them to lie on. Perhaps the tradition of using pine trees or boughs on the mantel at Christmas came from that ancient herbal knowledge. Maybe it started as a way to keep us healthy over winter. Gynostemma tea and echinacea are both good immune system boosters.

PRODUCTS: NOTE: Most of our products can be mail ordered. We only charge actual shipping cost plus the cost of product.

Green Drink \$26. Per lb.

Faye's Soil Mineral Mix 1# \$15, (now with added humate). Only use a pinch per plant, or just add a tiny amount to 5 gallons of water to spray the plants and soil.

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. (Humates plus)

Worm Castings 1 1/2 cu. foot for \$30. (Order in advance or we may not bring it). If you buy \$30 or more of worm castings, or minerals, get a free sample of inoculant (with active microbes, enzymes) for your compost pile, order in advance and we'll bring you a pint of it free). If you don't buy the \$30 or more of product, we charge \$5 for the inoculant. Just mix it into your present compost pile. We won't bring it unless you pre order, as we don't have room in the van for everything every week.

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 \$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 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. All herbal teas are mineral rich and a great source of easy got assimilate minerals, the basis for health. People who drink herbal teas are usually healthier than those who do not.

Catnip. (Relaxes muscles, easing spasm, helps you sleep, good for stomach colic even in newborn babies.)

Chameleon plant. (High in Quercetin, good for allergies)

Chamomile

Echinacea (sold out for now)

Gynostemma. (The Chinese Immortality tea, slows aging on end strands of DNA).

Blackberry Leaf. (High in antioxidants, minerals, kills harmful bacteria in the gut)

Raspberry Leaf. (High in antioxidants, minerals, and higher in antioxidant than blackberry)

Blueberry Leaf (or Bilberry). (Good for vision, normalizes blood sugar & blood pressure, helps with weight loss)

Chocolate Mint. All mints are cooling to the body, kill bacteria in the mouth, freshening breath.

Pineapple Mint

Spearmint

Peppermint

Violet. (Helps flush lymph system)

Peach. (Tastes great plus gives you a sense of well being.)

Mulberry. (Causes apoptosis of cancer cells so body's own immune system can destroy them)

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, 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. (Use in place of opioids, it is non addictive)

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

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

PLANTS:

Special for February. 12 **strawberry plants**, field grown, bearing age now, some already have buds. \$15. And comes with a small packet of SoilMoist (active mycorrhiza and wetting agent), and our minerals w/humate & worm castings. Limited quantities, order early if you want some.

Spider plants in basket. \$8.

Gynostemma in basket \$15. Small pot of gynostemma \$8. Grow indoors or set outside and it will go dormant over winter and come back every spring. Grows rampant once established, so give it room and a trellis to grow on. Harvest leaves, and use fresh or dried for tea.

White Marseille fig (two years). \$18.

Strawberry in pot (3 plants). \$10. Bearing age now, will bear soon, within weeks. These wintered over in our climate, and are the survivors, so very hardy.

Mini Dwarf Cavendish Banana, several in pot, bearing age now with enough light/heat. \$18.

Ponytail palm, small plant...potted \$8. We have a large 7 foot tall Ponytail Palm for sale, please make offer if interested. Easy to grow, thrives on neglect, and a beautiful foliage plant, AKA: Elephant foot palm.

Will have more fig varieties & Nanking cherry later in the year.

We are starting tomato, pepper, eggplant, onion, parsley, cilantro, oregano, thyme and lots of other plants. Let us know if you want us to grow a particular plant for you. We can do that if feasible and we'll contact you when it is ready.