

## **SRG (Soil Regeneration Group) Heartsong Farm. January 15, 2020**

Faye & Maury Allan Streiff. Faye's contact is [melc8399@icloud.com](mailto:melc8399@icloud.com). 828-200-4231. Allan is [maury4372@icloud.com](mailto:maury4372@icloud.com) or 828-421-7094.

At Farmer's Market, weather permitting, behind Rathskellar 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. Otherwise the front gate may be locked.

We have **Shiitake logs!** Get a 24" log, already inoculated, for \$40. Comes with easy growing instructions. Logs should last 5 or more years, and you should get flushes of mushrooms to harvest at least twice a year, spring and fall, with adequate moisture and temperature in their preferred range. We only made a few of these, so order ahead if you want us to hold for you.

Just pruned the apple orchard, will have **green apple wood for smoking meat** at FM in bags. \$5.

**PECAN CANDY:** Made with locally grown, unsprayed fresh pecans, butter & honey. Amazing flavor! \$2. Per oz. Assorted small containers.

**Fresh organic/biodynamic produce:** Order ahead if possible, limited quantities.

Sunchokes \$5. Lb. Let us know if you want them for planting so we don't scrub them. Great for anyone with blood sugar problems as they don't spike sugar the way potatoes do. Delicious, nutty, gourmet taste. I like them in stir fry or roasted. A good permaculture crop and they produce 5 times as much as potatoes on the same amount of land, plus they come back every year. Easy care to grow them. Just keep them mulched and a little compost and minerals added yearly.

Parsley. \$2. Small bag

Kafir lime leaves \$1 for 3 leaves in bag. Great flavoring. May have plants available later.

## **Plants coming soon!**

Rhubarb, old heirloom variety over 75 years old. \$12. Potted. Well established crowns.

Horseradish \$5. Potted.

Thornless blackberry \$18. 2 year or more old vines, well rooted in pots. Give these 20 feet of space between plants, they grow huge and need support. Extra large and sweet.

American Elderberry (very small quantities). \$8 Field grown.

Will have culinary herbs for spring....parsley, basil, arugula, cilantro, Greek oregano, Cuban oregano, thyme, sage, rosemary, lemon balm and others. Many varieties of mint and also catnip.

Ponderosa Lemon 2 year old plant, should bear soon, perhaps this year. \$18.

Brown Turkey and other variety of figs. \$15. Larger two year old plants \$25.

Nanking cherries later in the year. \$10. Each. Plant 2 or more for best pollination, will bear at 2 years old.

Strawberry baskets, or pots, price depending on size of basket and number of plants. Grow indoors or outside.

Gynostemma \$8. Small pot. Hanging baskets \$15. W/several plants. (The Chinese Immortality tea plant, just pick leaves and brew tea or dry for winter.). Grows huge, needs a trellis or in a hanging basket just keep harvesting it. Great boost to immune system and slows telomeres, end strands of DNA from aging.

### **Ornamentals:**

Spider plants in hanging basket. \$8. (Great to absorb formaldehyde and other indoor contaminants, purifying the air you breath indoors.)

French Lilac \$8. Pre-order, these are field dug.

Yellow iris. \$1. Each or potted, several in pot for \$5.

We will hopefully have lots of bedding plants for you by spring planting time....tomatoes, peppers, eggplant, squash, cukes, melons.

## **ARTICLES:**

### **Is your body too acidic? By Faye Streiff, N.D.**

Most people live in a too acidic state. It is from diet primarily, but also from stress. When over stressed, your own saliva becomes so acidic it is toxic to you. It corrodes the lining of the stomach and gut and can cause ulceration. Keep diluting it with water, or water and fresh squeezed lemon juice to counter this effect. Cabbage juice is very good and alkalizing. Eating more vegetables or even fruit can help balance the acidity of sugars, starches, and protein foods. For optimum health get more than the 5 servings a day of fruits/veggies. Best to get 10. Properly grown organic/biodynamic food will have the correct ratio of calcium/minerals and is more alkaline due to that. Remember the 4 oz rule with protein. No more than 4 oz at the time or we can't digest it and it only causes arthritis from the residue the body deposits in the joints. Long story here as to how this happens, see me at the farmer's market if you want the full report.

When the body is out of its preferred ph range and too acid, it will buffer that acid to prevent cell mortality by primarily robbing calcium from the bones, weakening the skeletal structure. Until it is buffered, the body cannot uptake a number of minerals necessary for health. Being too acidic can make you jittery, decalcify the teeth, make your nails brittle or ridged, and cause stomach/digestive tract irritability and pain. It makes you hurt all over, just ache, and the bones ache because they are demineralizing. Fosamax, the drug of choice for bone loss, merely prevents the osteoblasts from destroying old cells and replacing them with new ones, which is necessary for bone integrity and flexibility. The bones thus become very brittle and spontaneous breakage occurs frequently after a year or so on this. A lot of fibromyalgia symptoms are caused from inability to uptake calcium and magnesium. Boron, silica and Vitamin D open pathways so the body can uptake calcium and other bone building nutrients to the places they need to go. Live enzymes and microbes are necessary to break down minerals or to make them digestible, both in the body and in the soil. When the diet is made adequate or preferably, more than adequate, the condition usually corrects itself. Sometimes it is also caused by the one of the multitude of Epstein Barre type viruses, and the best way to kill the virus is with a good Cat's Claw supplement daily for a month or more. Several herbs also kill viruses: garlic, lemon balm, Biden's.

Stress can be caused from so many factors, it is often hard to find an antidote for it. Relaxing if you can, getting out of heavy debt or bad relationships, can be elusive. We all have to deal with it the best that we can. My favorite way is to walk in nature, preferably by running water. A lot of the small stuff we worry about is not important in the long run anyway, but very hard to let go of. We are not ultimately responsible for the bad decisions of our kids, spouses, employers and friends but we all worry about it, and it can have repercussions which come back to us. Again, just find

your peace anyway you can. Try to figure out solutions and if there is none, let it go...you have done all that you can. Don't let it destroy your health.

My wish is for all of you to have perfect health and absolute joy in all that you do. (Don't worry, be happy!)

### **ARE EARTH CHANGES/ CLIMATE AFFECTING YOUR GROWING ABILITIES?**

When the weather is unstable, with freezing during warm weather, growing seasons disrupted occasionally, too much or too little rain, or warm spells during winter making things bud out; what can we do? A number of things.

Lack of rain is an easy fix, as we just add water. A slow drip is best, so water around the roots, gently, or bury an old milk carton or soda bottle with small holes punched in the bottom adjacent to your plants as you are setting them out. Just fill it up and it will percolate down over a long period of time directly to the root zone.

A mulch around your plants, (not so close it is touching the stems), can moderate soil temps so they don't change quickly, giving the plant a little protection. It also holds in the moisture, so you can go a week or more between watering. Having enough microbes in the soil, along with adequate humates/organic matter can sequester both water and nutrients, holding it in the root zone instead of washing the minerals into the subsoils and subsequently the deeper ground water or streams.

Squash likes to grow on a hillside so it has good drainage or simply hill up areas and plant in the raised part. Container growing can help it drain better, but sometimes it still gets too much rain. Just build a hoop house tunnel with pvc pipe or a piece of cattle panel bent into a semicircle and each small end in the ground, secured with rebar. Plastic over this makes an instant grow tunnel. Then you can control the amount of water on your plants. You can put hanging baskets on the heavy ribs on the cattle panels, using them as support as well as containers on the ground, or just plant in the ground. Make sure it is ventilated, as lack of air flow can cause mold/mildew to grow. If you do get mildew on leaves spray with diluted milk, perhaps a half cup to a gallon of water or even more diluted than this. You can open the ends for air flow and close at night when it freezes to keep more heat in. This will moderate the temperatures enough to grow your cool season crops all winter. In extreme weather conditions which are much colder than normal, add another layer by using row cover cloth draped directly over crops inside the hoop house.

This will work even in cold Maine conditions. Elliot Coleman discusses it in his book Four Season Gardening which I recommend for any serious gardener or grower.

Right now we've got at least 5 major volcanoes erupting, so there is more ash in the air, more cloud cover due to the debris and more rain. The tectonic plates are moving,

causing a lot of EQs in many places, and this in turn triggers some of the volcanic eruptions. You might think it doesn't affect us, the volcanoes in Alaska, N.Z., Peru, Mexico, Phillipines, and possibly Japan, etc., but the wind patterns mix all this ash which is blown over 9 miles high into the stratosphere, and eventually it finds it way around the entire globe. Then it may take up to 10 years for all of it to settle out and fall back to land. That doesn't even take into account the fact that the huge fires in Australia have sent lots of smoke with particulate matter into the air which has already made its way halfway around the world. In another few weeks, it will completely encircle the globe. Lack of sunlight affects many plants. Things like tomatoes, need a lot more sunlight than greens do. Cut pie pans from the center out, and make a hole in the center. Place around tomato plants to reflect light back to the plant. This will amplify low light conditions. You can use Mylar bags or aluminum foil or even something white that will reflect back to the plant. If the ash gets really bad, make sure you don't go out without protection for your lungs. A large handkerchief folded and tied over your nose, or a particulate filter will protect you. Also wear goggles to protect your eyes. Volcanic ash is micro sized glass and sharp. When water is added, it turns to something akin to cement and you don't want that in your lungs for sure.

You may even need to put a furnace filter over the incoming air vents coming into your greenhouse or cold frame. That ash is corrosive so protect vehicles or anything metal. Hopefully we are in an area where we don't have to worry much about it. The upside is that the ash is super mineral dense for plants and over time will fertilize the entire earth.

To prevent plants from budding out too soon, put down row cover or other reflective material so the soil does not heat up so early in spring. Sometimes they will in spite of everything, and you can make the plant more hardy by using a mineral mix on them that contains kelp. It gives the plant a strong immune system and makes them more cold hardy.

Anyone can make a cold frame or sun room attached to their house, if they get enough light to justify it. It helps heat the house and then heat from the house helps keep it from freezing. If you use double pane glass or double wall polycarbonate or plexiglass it will insulate better. I have double pane glass in the new sunroom, but I put sheets of bubble wrap on the inside for extra insulation from the cold nights. If sealed properly a double or triple pane greenhouse, even one not attached to your home, will hold the heat adequately to prevent freezing at any time without supplemental heat. Use water tanks or barrels to hold water as a heat sink, and rocks on the floor as an added heat sink. Water tanks will release the warmer temps slowly, over days. They taught this at the Organic Growers Greenhouse School and showed pictures of the experimental model they built in Asheville. Worked great and they were growing tomatoes year round. The water tanks also absorb heat during summer and moderate the temps so the inside temps don't get too hot then. It was amazing to watch this stuff growing year round. Ventilate well with fans or some way to keep the air moving and watch for white fly or spider mites. A calcium

spray (use milk or coral calcium, or just get the calcium drench with added minerals and humate, from us at FM), can get rid of insect pests immediately.

If the weather gets much more erratic we may be hard pressed to grow anything outside without cover or protection.

My book, Surviving Grid Down goes into much greater detail about skills to survive not only erratic weather patterns, but grid down scenarios, wild foraging, making your own medicines from wild plants, emergency shelters, finding safe water and more. \$12 at the Farmer's Market or e-mail me when we are not there if you want a copy. We can also ship these books for \$2.75 shipping costs for each of them.