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LivingNatural

The magazine for healthier life

first

September 2013

Paramagnetism: Magic Energy From Nature
By Malcolm Beck

Growing Fall Garden Transplants



Herb Talk
By Jo Anne Boudreau



Recipes From Amanda Love
The Barefoot Cook

Get Personal With Your Garden

The Case For Grass-Fed Beef

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What Our Readers Are Saying:

"Enjoy your magazine. Can't wait to turn to Herb Talk"

P. Cleveland, Glen Rose, TX

"Worth every penny! Truly God's health book for us!"

J. Thomas, Cleburne, TX

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Living Natural First is a monthly publication dedicated to the promotion and usage of products and systems for healthy life. We are circulated throughout Texas in nurseries, farm stores, health stores, farmers markets, and other businesses that support our efforts. All material herein is used with permission of the author. In some cases we honor a 'no editing' request.

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**For subscription information
please see page 31**



Publisher's note:

The articles written for and/or submitted to this publication are the property of the author(s), who are solely responsible for the content therein. Opinions on topics vary within any community. The publisher merely wishes to make the opinions of the authors' available to the public to aid them in making their own decisions.

Those wishing to rebut any material contained in an article of this publication, may contact the publisher using the information provided above.

And now... a few words from the publisher...

I have to start this month by saying that the main focus of this magazine, as anyone who has been reading it regularly will know, has always been to educate people to the more natural ways of doing things. This encompasses many areas, but it all boils down to respecting, and better yet, copying Nature (thus, the name, duh). Observing what Nature does and learning from what we see is the answer to so many of our problems. All of the writers for this magazine take basically the same approach, and share the same basic philosophy. There is no doubt that if you fight Mother Nature, you will, always, in the long run, lose. So, why do we try? We seem to think that since we can control what goes on in our indoor environments that we can do the same outdoors. So we attempt to remove those things that don't fit in our 'comfort zone'.

I have always considered myself to be a Utilitarian. By that I mean that I see this world as a place where everything that exists has a use, a purpose, a reason for being. If it does not serve a purpose in the greater scheme of things, then it will go away. That is Nature's design. So, every time we make a feeble attempt to change her plan, she makes us pay in some way. For example, if you rake your leaves and put them out for the trashman to take to the landfill, you rob your trees, shrubs, and lawn of the nutrients stored in them that were supposed to return to the soil. If you spray poisons, synthetic herbicides and pesticides, you destroy the life forms that would probably have corrected the problem naturally. If we concentrate more on nurturing the beneficial and less on trying to control that which we see as unbeneficial, we will achieve what Nature desires. In other words, give Nature what she needs, work with her, support her, copy her.

To me it's just about accepting the way things are naturally. And I want to leave you with a quote that I think says it best:

"As one who is altogether governed by nature, let it be thy care to observe what it is that thy nature doth require."
~Marcus Aurelius

Bob

The Monarchs of Fall

Grapevine Public Library

1201 Municipal Way, Grapevine

September 28, 10:30 am. Jenny Singleton, an educator, Monarch Watch volunteer and seasoned butterfly tag wrangler, will present a program designed for both children and adults who want to learn about the beautiful monarch butterflies as they magically appear in north Texas the end of September. Join us as she brings information about these majestic insects and their incredible life cycle and how your landscape can help the monarch butterfly succeed in its journey. Sponsored by the Grapevine Garden Club – Admission is free For further information call 817-410-3404.

What's Coming Up?

Healing With Good Food And Nutrition

Dripping Springs, Texas

September 8 and 15, 1:30 pm.-4:00 pm. With Marna L'Amie; Learn the hidden secrets that commercial food manufacturers, pharmaceutical corporations and the government agencies do not want the public to know, making *them* billions of dollars per year and sapping our strength, energy, vitality and wholeness. It is far easier to prevent disease and illness, than to heal after the problems set in. This seminar counteracts the contradictory marketing that brainwashes us and makes us guinea pigs. The truth will surprise you. Learn how to avoid the pitfalls. A check for

\$40.00 in advance will be your reservation. I will send directions upon receiving same. For more information call 512-858-4870 or email to marnaandbill@gmail.com.

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Rose Creek Farms Workshops

418 County Road 2788, Sunset, Texas

September 14, 10:00am-2:00pm, **DIY Homemade Personal Hygiene And Household Cleaning Products:**

Learn how to make homemade remineralizing toothpaste, sea spray for the skin, shampoo bar soap, natural sunscreen, moisturizing hand lotions, magnesium body butter, etc.. Makes great Christmas or birthday gifts! Class cost \$35.00 per person. Lunch provided.

September 28, 10:00am,-2:00pm, **The Basics of Soft Cheeses, Butter and Yogurt:** This class will be covering the nutritional benefits of "Raw Dairy Products". The class

includes a demonstration of how to make yogurt, yogurt cheese, kefir and raw milk cheeses. We will learn how to make clabbered butter and cheese, cultured butter, cultured yogurt and yogurt cheese, and a raw milk butter. Class cost \$25.00 per person. Lunch provided. (Cultured yogurt and cheese is a pasteurized method of preparation for those not interested in raw dairy products). Please call 940-427-2609 or email me if you plan to attend at pamela@rosecreekfarms.com

Greater Dallas Organic Gardening Club

REI, 4515 LBJ Freeway, Dallas

September 26, Open Panel Discussion on Organic

Gardening, Members and their guests will have an opportunity to ask questions and provide answers on organic gardening in this open panel discussion. Take advantage of this great opportunity to get the inside info from some of the most experienced organic gardeners in the metroplex! This is one of the most popular meetings in the year. Refreshments at 6:30 pm, Meeting at 7pm. For information contact Marjie at mcaldwell103@att.net

In Preparation

By Susan Jennings

It seems these days the common question is, “Now what?” Everything electronically transmitted is monitored and stored. The massive facility being built in Utah will continue to expand the invasion of our privacy and rights. It includes every phone conversation, text, email, websites visited and even reverse audio-visual on fiber optic linkups, including video games. (news.cnet.com/8301-13578_3-57589495-38/nsa-spying-flap-extends-to-contents-of-u.s-phone-calls) So ‘Big Brother’ is here. The main stream media continues to play up feeble stories in an attempt to distract and/or divide us from the major impacts on our lives. The critical matters are the economy, including high unemployment, outsourced jobs replaced by minimum wage and part time work, and mandating health insurance onto everyone to prop up Medicaid. Our Constitution and Bill of Rights continues to be ‘gutted’ in ways that have reduced them to historical relics to be viewed and not followed. (dmc.members.sonic.net/sentinel/gvcon5.html) Our food supply is not only contaminated with genetically engineered organisms in livestock feed and our foods (www.bleedingheartland.com/diary/6292/warning-signs-on-gmo-feed-and-animal-health), it’s now being contaminated by nanotechnology. The Gulf of Mexico continues to die from the toxic combination of Corexit and leaking oil. Japan’s nuclear accident is ongoing with increased radioactive material releases going into the Pacific daily. (crooksandliars.com/susie-madrak/fukushima-plant-leaking-radiation-dir) Sink holes continue to appear globally. Hmm, is that what happens when aquifers are depleted for and used in fracking? Wild weather, floods, droughts, earthquakes (is the USGS no longer posting all worldwide earthquakes? When checked against other global sites, many seem to be missing) and how much of this erratic climate is due to geoengineering?

Having had the experience of evacuating during a major fire, as well as staying in place after a major earthquake, I know that preparation is the key. So how does one prepare for all that is occurring in our lives? Good question. An earlier article of mine dealt with having goods on hand to barter. These would be items that people use

daily, such as bedding, or light sources, including batteries. That is one way to help oneself to survive an economic monetary collapse. Edible landscaping is another solution. (This may circumvent homeowners’ associations that prohibit home gardens.) There are many edible plants that are commonly used in landscaping, use them. Fall edibles include lettuce, spinach, and cruciferous vegetables; flowering plants include pansies, violas aka ‘Johnny Jump Ups’, chrysanthemums, dianthus and even roses. Keep in mind that the heirloom plants for our regions may differ, and as an added benefit, will provide next years’ seeds. Cool weather herbs are cilantro, dill, garlic and onion chives. All have their food value and make a lovely fall bed. Winter squash will nicely fill a corner in the bed. Remember, when combining plants put those preferring the same climate (moisture and sunlight) together. In a larger garden bed you may easily combine a wide variety of plants. One possibility is to put cilantro and parsley in the back, lettuces, kale and cruciferous vegetables in the middle and your flowers in front. Using perennial herbs such as rosemary may also anchor the bed. Fill your porch pots with pansies, herbs and lettuce combinations. Get a 12" deep pot and use a good organic potting mix and liquid seaweed fertilizer. They are movable food sources. **Think and Grow Edible.** These plants attract and feed our pollinators too. Fruit trees do very well here. The rescued 18 inch future tree given to me by a friend, she called it a ‘stick,’ was covered with peaches this year! Fruit trees do fine in pots as long as they are deep and properly maintained. The extension services list fruit tree varieties that grow well here: <http://aggie-horticulture.tamu.edu/galveston/publications/Edible-Landscape.pdf>. I highly recommend Rodale’s *Encyclopedia of Organic Gardening*. It is a great gift for new gardeners.

Always keep your gas tank at the very least ½ full and, if possible, safely store additional fuel at home. Keep water on hand and items that will clean water such as charcoal filters-both can go with you. (So can your edible

Planting In Front of the Furnace

By Paul Dowlearn,

Author of the new book *The Lazy Man's Garden: Maximum Return; Minimum Input*

This is what happens when we plant in spring. While the spring weather tugs at our spirits, the warming temperature coupled with rain begins life anew, the general public is prime to get out and visit the local garden centers and nurseries. Spring normally is a very good planting season but is definitely not the only planting season. Spring is not the absolute best time to plant everything in your landscape. Consider that summer, lack of rainfall and humidity (for most Texans) coupled with dry, dehydrating heat is just around the corner.

When the summer sun heats up, the general public gratefully retires to their air-conditioned indoor environment. The seedlings that were planted in spring often go neglected. When the plants wilt and die the general public will shrug their shoulders and consign themselves to try again.....Next spring.

The good news is that this ritual does not have to continue on a once-a-year basis. I know that every retail nursery owner in the state will agree with this. Fall is the better time to plant most of the plants we desire in our home landscapes. Many veteran Texas gardeners are catching on to this, especially those who live in the region we call Texoma.

Take as an example our number one agriculture crop, wheat. We can observe Texoma wheat farmers tilling their fields sometimes as early as late August, definitely in September, and by mid-October the seed is in the ground, ready for the fall rains to bring it up. North Texas wheat grows through the winter and is usually harvested in June of the next year.

Bluebonnets offer another prime example. This annual native plant usually germinates with the fall rains. Along with many other native wildflowers, our bluebonnet spends the winter as a small rosette of leaves that hugs the ground for warmth. Although we typically do not get large amounts of rain during winter, because of the cool temperatures whatever moisture does fall has a tendency to soak in and remain in place. Evaporation rates are much lower. When spring arrives our bluebonnets seem to come out of nowhere to be one of the first wildflowers in bloom because they have spent the fall and winter months setting their roots.

So fall planting gives us a good six or eight months of establishment time before the blast furnace of summer comes again. The following is a general list of plants that will benefit from fall planting.

Woody plants- Trees and shrubs are basically the same kind of plants. They have persistent trunks and limbs that generate new leaves in spring, or they can be evergreens. Even though upper portions lose their leaves, or at least slow their growth rate during winter, the roots do continue to grow as they are insulated by the soil. Consider the fact that the temperature below ground is often much warmer than the ambient air temperature during winter. This is sometimes the only season where adequate subsoil moisture exists for root expansion.

Dowlearn, continued on page 6



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We've all had the unfortunate experience of attempting to dig a hole in dry soil. Roots cannot penetrate dry soils any easier than your shovel.

Flowering perennials- Most folks like to buy perennials while they are actively growing. Many of your summer bloomers will still be active and flowering in September and October not to mention those that only bloom during the fall. I've seen our native fall asters still in bloom well into December. Even those plants that die back to the ground during winter can still manage some root growth due to stored sugars and carbs within the roots themselves. Whenever the spring rains do come your new perennials will already be in place to take full advantage.

Grasses- Many ornamental grasses also flower during fall. There is also a whole range of native cool season grasses (like wheat) that are green during winter. Texas bluegrass is one of those. Conversely, the best time to start lawn grasses from seed or sod is late spring through summer. If need be you can plant rye, a cool season grass, as a groundcover in fall. You can purchase Bermuda sod that has been overseeded with rye in the winter as well. The rye grass will remain green until hot weather sets in. Grass roots store energy just like all other plants, so the same thinking applies.

Bulbs- Spring flowering bulbs have always been traditionally planted in fall so this idea hasn't been hard to sell. However, I am here to tell you that any and all bulbs, tubers, and corms will benefit from fall planting. I am astounded that planting bulbs in fall is one of the few things recommended for fall

planting in our older traditional gardening concepts. It was believed that most things were better planted in spring.

Wildflowers- This is what did the trick for me. My mom planted bluebonnets beside my driveway the first spring after I moved out to the country. They failed, ...then we read the instructions.

Vegetables- Fall vegetable gardening has really been a Godsend in these drought years of late. During drought years, spring rains and the cooler temps that come with them often fail to materialize. If you have the gumption to replant some squash, peppers, tomatoes and other warm season varieties during the July/August heat, you could be rewarded come September. My best corn crop lately has been planted in July. Buy some row cover cloth to shade and protect seedlings.

Cool season crops such as cabbage, lettuce, broccoli, onions, etc, should be planted in September through November. Again, this has worked well for me as the weather has trended to warmer winters followed by hotter, and drier spring and summer months. Fall rains with seasonable temperatures have been more reliable.

Most Texans, and especially those that enjoy gardening, do agree that our weather patterns have always been unpredictable. The one season that seems easiest to predict is the summer. We can rely on the fact that summer will be hot. The hotter and drier things are during summer, the harder it is to establish new plants. This is especially true when it comes to non-native exotic hybrids that the traditional nursery system has been focused on for the past century. We are due for a change in gardening tactics to address the reality (or realities, I should say) of the 21st century.

Please just try planting some of the above-mentioned plants in fall. If you want proof, try planting some of the same plants in spring. You'll be able to compare the results next summer. No doubt you will then become a fan of fall planting.

Nila and I have run a retail nursery for over twenty years now. We continue to make most of our money from March through June. Our best month is usually May. In Texas, we have two excellent growing seasons. We also have two seasons where some plants go dormant, but in truth there are plants that will be green and growing in all four seasons. While retail sales at the nursery peak in mid-spring, our landscaping crew is out working and installing plants in every month. We never stop. Honestly, the more I observe Nature, the more I'm inclined to believe there is as much or more brown stuff (dormant) during the middle of our typical summer than there is during winter.

Wait until next May and you will be planting in front of the furnace. During a drought year you may (May?) already be in the furnace. During the terrible drought of 2011 Wichita Falls set a record of 110 degrees during the third week of May. That year, the first 100 degree days actually began in April. That is now a historical fact. It can happen again.

• Be sure to check out Paul's new book *The Lazy Man's Garden: Maximum return; Minimum input*, as it explains practical approaches to gardening with emphasis on xeriscape and adjusting attitudes to practical gardening. Paul, writes, "Americans are intensively growing millions of acres of lawn grasses. We are also attempting to grow mostly non-native exotic hybrids for ornamentals. Much of this traditional culture is not sustainable. Vegetable gardening is one of the few things that survived our landscaping ethic to give the homeowner benefits that go beyond aesthetics. Utilizing native plants, creating habitat for wildlife, and seeking out old tried and true heirloom plants are current trends that promise a more relaxed, eco-friendly style."

• CD's are now available for \$10 at the nursery or \$14.50 mail order by contacting the nursery at 940-696-3082 or wvmail@aol.com. Or online at Amazon/Kindle.

potted plants.) There are multiple ‘survival’ websites displaying a wide variety of products that will help us repurpose items we already have on hand. A solar generator may be a smarter buy than one that requires fuel to run it. (Remember most gas stations need power to run their pumps: no power, no fuel.) Keep important papers together in a secure location. Some also suggest keeping several changes of clothing for all weather conditions, toiletries, health care items (for many of us that is herbs and supplements), light sources, bedding and towels, nonperishable food, emergency first aid kit, fire extinguisher, repair information and water ready to go, if we have to leave our homes in an emergency. Remember your livestock or pet’s needs. A purse, briefcase or backpack easily carries daily energizing foods at all times. Dried fruits and nuts are good, as are Chia seeds and teas. (Canned goods are heavy and require a utensil to open them.) Dried goods such as rice or oatmeal may be an option, too. Magazines, such as this one, and reference books help with preparedness. Wild edible plants books, medicinal herb books, and plant identification books can come in quite handy.

These suggestions may seem obvious to some, and absurd to others. As one who worked in the financial, mortgage and food global corporate economies for several decades, the signs are there. The situation may ‘appear good’ if one listens to ‘mouthpieces’ - MainStreamMedia. Then ponder this--ongoing requests are being received by survivalist suppliers about overnight shipment capabilities of food and ammunition, including turn around time on resupply shipments, from guess who...Executive Branch Departments. (<http://beforeitsnews.com/new-world-order/2013/08/breaking-fema-insider-speaks-about-fema-buying-survivalist-supplies-august-2013-14.html>=)

With every industrialized country now trying to modify the weather to their advantage, the climate situation is on very precarious ground right now. The sun’s polarity is predicted to shift and Earth is long overdue for her pole shift. So, if and when these situations occur, it is always best to hope for the best and be prepared for the worst. Mom, Amy and my best friend Shelley taught me to always be prepared. I am and I hope you are as well. Preparedness provides a sense of peace and a feeling of security.

“Success depends upon previous preparation, and without such preparation there is sure to be failure.” --Confucius

~ Organics Has Lost a Friend ~

Jeremiah “Jerry” Cunningham, founder of Coyote Creek Farm and Organic Feed Mill, and World’s Best Eggs, passed away August 6th at the age of 76. Cunningham was a true trailblazer in every sense of the word. In addition to raising the first organic, pasture-raised eggs for Whole Foods Market, Coyote Creek Organic Feed Mill is the first and only commercial organic feed mill in Texas, producing 6000 tons of feed a year.



Coyote Creek Organic Feed Mill is the first and only commercial organic feed mill in Texas, producing 6000 tons of feed a year.

Cunningham was an extremely skilled orator and active member in the community, donating thousands of eggs a year to local nonprofits, including the Capital Area Food Bank of Texas and Nubian Queen Lola’s Cajun Soul Food Cafe in East Austin, which closes every Sunday to provide a free breakfast to those in need.

Though deeply saddened by the loss of its founder, Coyote Creek Farm and Organic Feed Mill will continue to support small family farms by continuing its expansion across the southern United States. According to Cameron Molberg, general manager of Coyote Creek, “We are mission driven, and Jerry’s legacy will continue as he would have wanted. We will carry on.”



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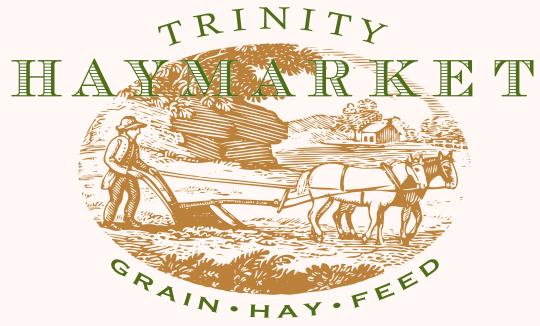
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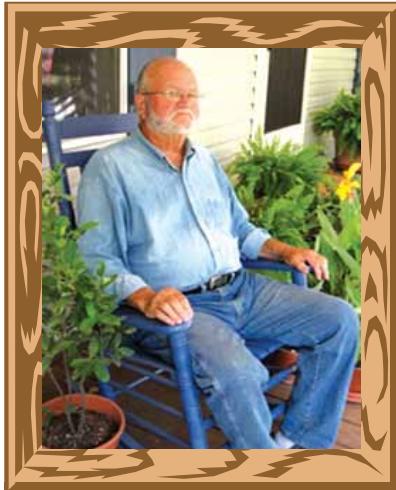
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LNF12-2011



From the Front Porch

By Jay Mertz

This summer has been quite an experience. I don't think it has been any hotter this summer than any other summer. One thing is for sure, Joanne and I are getting older and the heat affects us more. It just seems to zap all your energy and it hurts to breathe. The porch is comfortable in the morning with one of the ceiling fans on. It is amazing how many birds, rabbits and squirrels are coming to the feeders. We are feeding as much food this summer as we do in the winter. Don't know where all the birds are coming from, but they are here. This last week we had an unusual experience with a large owl. It flew in over an open area of our front tank, landed in a tree about twenty feet from us. For the next thirty minutes it stared at Joanne and I while it also looked at a raccoon we had caught in a trap and a rabbit that was feeding. I guess the owl could not decide which one of us he wanted to eat so he just flew away.

This has to be the worst gardening season I have ever experienced. As I have traveled around the state I have only received poor and negative results for the spring gardening season. I hope this seasons poor results will not discourage new gardeners. We all need to suck it up and plant a good fall garden. Most plants will produce more vegetables in the fall than they do in spring. This September we can plant peas, beans, lettuce, spinach, collards, turnips, radishes, onion sets, cabbage and lots of broccoli.

Plant above ground crops September 7th-10th, 13th, 14th and 18th. Plant root crops September 1st, 2nd, 19th, 23rd, 24th, 28th and 29th. Transplants on September 1st, 2nd, 19th, 23rd, 24th, 28th and 29th. Apply organic fertilizer on September 1st, 2nd, 19th, 28th and 29th.

We need to always work on our soil. For raised beds I would add a bag of raised bed mix, apply a good poultry based fertilizer and some Minerals Plus. Just follow the directions on the bag. For regular row gardening turn two to four inches of good cotton burr compost into the soil with some Minerals Plus. Again read the directions on the bag. In both cases plant wet to wet. Simply this means you want to apply enough water to the bed or soil three days before you plant so the soil will be moist. Take a 5-gallon bucket full of water; add 8 to 12 tablespoons of seaweed. Take the plant from its container and submerge it in the seaweed water. This will wash off the peat moss based potting mix and help the plant with transplant shock. I like Veggie Start and D.E. mixed into the soil that goes back around the plant roots. Water the plant with some of the seaweed water. This helps give the plant a jump-start for growth.

Regardless of what or how much in the way of soil amendments that are applied, they are not a substitute for good fertilizers. If you talk to four gardeners you will get at least three different recommendations on soil amendments and fertilizers. They all will probably work well. Some will be liquid containing fish, seaweed, molasses and humic acid or some blend of these materials. Some will be dry fertilizers containing alfalfa meal, cottonseed meal, bone meal, potash and manure. The best will contain poultry manure. Over the winter I will write more about specific materials to include information on biologicals. In the meantime be looking for some major product changes in the Maestro-Gro and Rabbit Hill Farm product lines.

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Experimenting with Magic Energy from Nature: Paramagnetism

By Malcolm Beck

“Nature’s Secret Force of Growth,” known and used by the ancients, Paramagnetism has been rediscovered and made known by a “true” natural scientist, Dr. Phillip S. Callahan. I first heard Dr. Callahan talk about these magical rocks and their secret powers at an Acres U.S.A. conference, and soon after, I began collecting and studying volcanic rocks that contain this mysterious force.

Paramagnetism is a low-level energy, physical force that has shown to have beneficial effects on all forms of life.

Because of our organic farm and compost business, we make and sell all kinds of natural farming, gardening and horticultural supplies. I am constantly searching for, trying, and testing new products. In the past forty years, I have tested many widgets, gadgets, foofoo dusts and snake oils. Some were worth-less, most worked some times, under some conditions, few worked consistently.

Paramagnetic rocks and sand have shown more consistent results under more conditions than anything I have ever used, other than compost. Paramagnetic rocks and compost complement each other. They will both work alone, but I have found that each works much better when they are used together.

We blend a product using paramagnetic rock and sand, including zeolite collected from four volcanic deposits, plus the addition of a high iron greensand to balance the minerals. We have labeled this blend “Volcanite.” It reads 2000+ on the PC meter. Below are some tests comparing Volcanite with controls.

TEST #1 - Six cactus plants grown in potting soil; six cactus plants grown in straight Volcanite and six cactus plants in 60% Volcanite and 40% potting soil. By 3 months, the six cactus in the 60/40 mix averaged 50% bigger and healthier than the other 12 plants. The potting soil was 40% compost.

TEST #2 - Two plastic trays 20 inches by 26 inches by 6 inches deep were filled with soil contaminated with a hormone herbicide. One tray contained contaminated potting soil; the other contained contaminated potting soil plus Volcanite. Beans were planted in each tray. The merged plants in both trays soon showed evidence of the herbicide. The plants in both struggled along with distorted leaves that were yellowish and they grew very little. They continued in this shape for five weeks. Then the tray that had the Volcanite in the mix started to green up, grow, and was soon blooming and producing beans even though you could still see some herbicide distortion. The tray without the Volcanite never did green up; the plants grew very little and never bloomed.

TEST #3 - Four tomato plants were planted in a raised bed containing Volcanite in the soil. Fourteen more tomato plants of the same age and variety were planted nearby in the garden soil containing no Volcanite. All the plants were blooming and setting fruit when a late cold northern hit with a high wind, dropping temperatures well below freezing. All the leafed-out trees, shrubs and other plants were severely damaged. All of the tomato plants were killed, except the four in the soil containing Volcanite. This test is too good to be true. However, I can find no other factor contributing to their survival. Those four plants were completely untouched, as if a freeze had never occurred. You can bet I will be trying to duplicate this experiment! Just think what this could do for the citrus industry if we can learn to give trees 3 to 4 degrees of cold tolerance and at the same time have a natural supply of minerals constantly becoming available that could last for years from just one application of volcanic rock.

TEST #4 - Seven one-gallon nursery containers were used. All were filled with potting soil. Two were used as controls. The other five had different rates of Volcanite

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added. Radishes were planted in each and thinned to six plants per pot. The five pots with the different ratios of Volcanite all grew about the same. The two controls were only about 5% smaller. When all the fruit was about nickel-size, the growth of the two controls stopped and on close inspection, I noticed the underside of the leaves were covered with aphids. All seven pots were in a row with the leaves touching. The two controls were in the middle. None of the five Volcanite plants had aphids or got aphids until weeks later when the plants were old and going down hill.

TEST #5 - Four of the plastic trays were filled with potting soil. Volcanite was mixed in trays #1 and #4. All four trays were planted with an equal amount of rye seed. Trays #1 and #2 were watered with electric treated water. (Electric water is supposed to make plants grow better and keep calcium from building up in the soil.) Tray #3 was used as the control. Tray #4 with Volcanite and regular water did the best by doubling the amount of grass growing in the control tray. Tray #1 was second best, but grew only about 30% bigger than the control. The electric water seemed to cancel some of the Volcanite's benefits. Tray #2 was only about 5% better than the control.

I have since done many other tests. Never was there a negative result. All tests, in pots or in the garden, always showed better growth, less insect damage, and better color in the leaves and the blooms when Volcanite was used. The plants seemed to withstand stress of all types better.

Other people were given some of the Volcanite to try. Among them were a rose grower, retired County ag agent, a PhD, and a commercial native plant grower. All did tests against controls and all reported amazing results.

Naturally, I had to have one of the first PC meters that Bob Pike and Dr. Callahan designed. It is my favorite toy, and I am always testing rocks. On a trip to the area of Enchanted Rock, north of San Antonio, I collected chips flaking off the giant granite rocks, some of the decaying granite in the creek beds, and some fresh chips from the very center of giant granite boulders being cut with a diamond saw. The center of the granite boulders measured 325 on the PC meter; the flaking chips from the outer edge measured 144; and the old decaying granite measures 124. This indicates that paramagnetic rocks could lose the magnetism with exposure, but I would assume this loss would be an extremely slow process.

Some lava sands register only 180 on the PC meter, but sand that looks identical from different locations registered five to ten times higher. I wonder if they could be a million or so years difference in their ages? Also, why does zeolite, a volcanic ash, read low on the meter? I have tested zeolite from three different locations. The highest tested only 47, with the lowest testing 02 on the PC meter. Fred Walters sent me some volcanic ash he picked up on the roadside that was blown out when Mt. St. Helen erupted. It is similar to some of the zeolites I tested, but the fresh St. Helen ash tested over 2,000. My meter reads to 2,000 and it hit at least that level. It would be interesting to expose this ash to air and annual test to see if it loses power, If it does, how fast?

Even though the paramagnetism of volcanic zeolite may be very low, even minus on the meter, it still is very valuable in growing plants. Zeolite has a very high "Cation Exchange Capacity" (CEC). Cations include calcium, sodium, magnesium, potassium, ammonium and other minerals that are necessary to plant growth and health. However, these minerals are not available to plants without a chemical process called "Cation Exchange."

Zeolite contributes to this chemical process by giving soil the power to hold base or positive-charged plant nutrients in the soil, especially sandy soils and light potting mixes. When the microbes break down the proteins in organic fertilizers, they release ammonia, a form of nitrogen. Ammonium is a Cation, so is calcium and potassium. All of these nutrients could quickly be lost from soils low in clay and organic matter. Zeolite can hold these nutrients in the warehouse, you might say, until the growing plants need them. I have done numerous tests with volcanic zeolite. Every test I did with zeolite gave good results. I know a researcher who got a grant to study zeolite for two years. He never got any results and gave up. I suspect he was using a chemical form of nitrogen, which was an anion instead of a cation.

If a rock can lose its paramagnetism, can it regain it? Out of curiosity I was testing some pieces of brick and broken commode one day and found them both paramagnetic. I didn't know if the clay they were baked from was already paramagnetic. We grind new but broken red clay pipe to make an aggregate that makes a decorative ground cover. The company that makes the pipe is south of San Antonio and in an area where red clay is abundant. The red clay tests 0 to 4 on the PC meter. The pipe baked from the clay reads 75 to 100.

Healthy Soil Equals Nutritious Food

By Marna L'Amie

Nutritious food has natural health properties that pharmaceutical companies isolate and compound, causing the harmful side effects of their drugs. Instead of using all the synergistic varied parts of a healthy, natural plant, only specific parts are separated and incorporated into their patents.

Nature has made the *whole food* and its component parts work together to build our immunity to disease and illness...that is called **HEALTH!** That is the source of our energy, our vitality, our sexuality, our happiness and our joy. We should be happy beings, not fearful, anxious, sleepless, worried, tired humans. We should awaken in the morning raring to go, finishing all of the tasks we had planned to complete. **Food** that has been raised in nutrient dense (rich) soil that has *not* been depleted with chemical salt fertilizers (synthetic, man-made) and pesticides, herbicides and insecticides is the **prime factor** in our health.

In the book, *Building Soils Naturally* by Phil Nauta, he explains that vigorous, more pest-resistant vegetables, flowers and ornamental plants need complete and balanced nutrients...far beyond the simplistic, imbalanced concept of NPK (nitrogen, phosphorus, potash). The microbes, bacteria, fungi, protozoa, nematodes, yeasts, algae, carbon, humates, insects and animals in and around the garden actually create the plant's ability to flourish.

His six steps to creating healthy soil, and thus, healthy plants are:

1. Water

PLANT LIFE: Our plants are made of water and they need it for photosynthesis and cooling. Insects, earthworms and microbes all need water. What is often overlooked is that all living species in our garden need water. If city water is used, chlorine, fluoride and other toxins are generally used to clean it up before it gets to our system. That is why capturing rainwater is so important. To protect our water, we can start by not using pesticides, chemical fertilizers and genetically modified products (GMO'S).

HUMAN LIFE: Water is essential to life. Not only do we drink it-we are made of it. You will see how our lives parallel

plant life in what we consume, and whether we are aware of and avoid the toxins that are present.

2. Organic Matter

PLANT LIFE: In the last century, we've burned up more than 90% of the organic matter in many of our soils through tilling, applying chemicals, and clearing plant residue without allowing organic matter to decompose. Humus is the ultimate goal, but a supply of fresh organic residue as food and shelter for microbes and animals is also necessary. As this residue is broken down, carbon dioxide becomes available for plants.

Conventional gardening has largely ignored organic matter and the resulting plant life has lost nutrients.

HUMAN LIFE: Our immune systems have suffered in the same way over the past 75-80 years, from the processed food we ingest that has much less nutrient content, contains preservatives, coloring, synthetics, sugars, salt, and many additives of which we are not even aware. Only 25% of our populace are healthy. Others have various ailments that did not happen yesterday or last week, but over a number of years of poor lifestyles. Our salvation would be in eating **REAL FOOD**, buying organic, cooking our own meals, exercising our bodies, a full night's sleep and a cessation of smoking, and/or heavy drinking.

3. Microbial Inoculants

Microbes make our soil healthy, feed and protect our plants, and clean our water. They help control weeds, insects and diseases. There are a number of ways to inoculate our soil and garden with microbes:

Mycorrhizal fungi greatly improve soil characteristics and are among the most important microbes that form relationships with plants. Compost mimics nature and speeds it up by quickly increasing the number and diversity of microbes and macro-fauna (earthworms, grubs, etc.), organic matter content, and nutrients in our soil. Aerated compost tea extracts and multiplies an astonishing number and

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At one of our compost locations, we collect old and broken wood pallets to be ground into a mulch. Over 20,000 had accumulated in one pile. Before we had a chance to grind them, they caught on fire during a time when we had 40 -50 mph dry north winds. Needless to say, they all burned up real fast, making an extremely hot fire. The black clay soil down-wind of the fire was burnt to a rock, in fact, it looked like rusty lava rock. This burnt soil tested 329 on the PC meter, while the unburned soil nearby only tested 21. High temperatures must cause paramagnetism. My rich garden soil, however, that has been getting lots of manure, cover crops, and compost reads 138 on the PC meter, while the field nearby that receives less organic material reads only 90. Neither field has ever had paramagnetic rock or sand applied to it. The compost we make reads minus 2 on the PC meter. In his book, Callahan mentioned that oxygen is paramagnetic. On the internet, some researcher reported the earthworms and even microbes can make soil paramagnetic. More reasons for the organic way of growing!

At our mill, we make two types of organic fertilizer. The first type contains two formulas made from food and feed-grade proteins that we run through a 1/8 inch pelleting die to granulate it. The other type contains two formulas blended from VIVO (sludge) that was made into hard, small beads or prells using extremely high temperatures. The pelleted fertilizer reads 7 on the PC meter. The fertilizer made from the VIVO with high temperatures reads 40 on the PC meter. At present I am experimenting with upping the PC and mineral value of both formulas with volcanic materials.

I have used all ratios of Volcanite mixed into the soil and/or spread on top of the soil. It works either way, but mixed into the root zone, it gives plants extra minerals more quickly. Tests have shown volcanic rock from different locations to contain different minerals. Our Volcanite blend is working well, however, I am constantly seeking to improve it. It may be that different blends may be needed for different parts of the country. Blending could be a whole new science.

As far as the best amount to use, I am still not sure. I have learned that more is not always better. Each situation seems to be a little different. In the root zone of the tomatoes in test #3, I used about 4 lbs. per plant. When growing in containers, I used 1-3 tablespoons per gallon

of soil mix. Maybe more would have done better, or perhaps less would have done just as well. From all of my testing and experimenting, I learned a lot. I learned mostly how much I still don't know. What an exciting future. One thing I am sure of, however, is that volcanic rock and paramagnetism deserve a prominent place in agriculture.

Volcanite: A New and Enchanting Product

Nature has been re-mineralizing the soils of the earth through volcanic eruptions since the very beginning. One result of this process is the creation of paramagnetic rocks. Volcanite contains five different, highly paramagnetic crushed volcanic rocks, including zeolite, plus glauconite-a sedimentary mineral-rich sandstone commonly called greensand. Volcanite reads 1900 to 2000 paramagnetism on the Phil Callahan PC meter. Most agricultural soil in the San Antonio area will read 12 to 25. The soil near volcanoes will read 600 to 700. Lava rock reads up to 850. Some rock formations in the core of volcanoes can read 3800 and up.

Directions for Use:

Use 40 to 80 lbs. per 1000 sq. ft., tilled into the garden or as a top dressing on lawns.

In potting mixes, use up to 50 percent of mix if desired. Or may be used 100 percent as a cactus mix. However, one tablespoon added to each gallon of soil mix has shown good results.

In commercial container mixes, 25 lbs . per cubic yard has been found to be ideal and economical.

Lab testing has shown there are no concentration of heavy metals in any of the rocks or sand blended in Volcanite.

On the farm or ranch, apply 1000 to 2000 lbs. per acre. When applied at heavy rates, the benefits last indefinitely.

Malcolm Beck, the founder of Garden-Ville, is known throughout the country as a leading authority and practitioner in the field of organic growing. Widely sought after as a speaker on the subject of organic growing, Beck's home-spun approach to farming and gardening is based on the belief that if you work with nature,nature will reward your efforts. Malcolm Beck is a member of HRM of Texas and the compost guru of Texas. He can be reached at: beckmalcolm@msn.com.

The Case for Grass-Fed Beef

By Bruce Deuley

With all of the hoopla about “Mad Cow Disease” in the past it might be a good time to look at the advantages of consuming grass-fed beef, instead of the more universally distributed grain and corn-fed cattle found in most supermarkets. There is an on-going debate in the scientific community as to how and why this disease is becoming prevalent at this time. Some say that it was started when cattle were fed bone-meal containing the disease. On the other side of the fence there is good evidence that it reared its ugly head after organophosphates were used in Great Britain on a massive scale to fight an infestation of warbles, a fly maggot, in the cattle population. Whatever the cause, grass-fed cattle have had no way of being infected.

Cattle are ruminants, and like their cousins the bison, are grazers that have four compartments (stomachs) as a part of their digestive system. Why does it take four stomachs? The grasses, forbs (weeds), and browse (woody plants), that cows eat are very tough and difficult to break down. The animals ability to use many different plant foods makes it a survivor when food (forage) is scarce. However, cattle were never meant to live on grains and corn. They are browsers. When they are sent to the feed lot many of the problems begin. The artificial diet they are put on alters the acidity of their system and creates many problems for the cow. When these problems arise they are put on antibiotics to keep them healthy. In addition, they are injected with hormones to increase their body weight before slaughter. This, along with the unsanitary conditions and dense population while kept in the feed lots, create, in my mind, a less than desirable animal for me to want to consume.

The meat from grass-fed cattle is also much healthier, being lower in fat and calories. There are



marked nutritional differences between the meat of pasture-raised and feedlot-raised animals. To begin with, meat from grass-fed beef, lamb, and bison is lower in total fat. For example, a sirloin steak from a grass-fed steer has about one half to one third as much fat as a similar cut from a grain-fed steer. In fact, grass-fed meat has about the same fat content as skinless chicken breast, wild deer, or elk. When meat is this lean, it actually lowers your LDL cholesterol levels. Because grass-fed meat is so lean, it is also lower in calories. (Fat has 9 calories per gram, compared with only 4 calories for protein and the same for carbohydrates. The greater the fat content, the greater the number of calories.) A 6-ounce steak from a grass-finished steer has almost 100 fewer calories than a 6-ounce steak from a grain-fed steer. There are many other health benefits gained when grass-fed beef is eaten instead of grain-fed cattle. For a more comprehensive look at the subject, those of you with a computer can go to the web sight www.eatwild.com/nutrition.html. Grass-fed beef is getting easier to find in the market place . Most of the major grocery chains now carry at least a few selections. It is also getting more reasonably priced as it increases in popularity. One caveat, because, like wild game, there is much less fat, don't overcook it. Try it, I think you'll like it!

Editor's note: Another excellent online source for grass-fed meat and other organic products is www.localharvest.org.

The Natives Are Friendly

By Znobia Wootan

Photos by Bill Neiman

Pink Evening Primrose

If you are in search of a low-growing native wildflower that will take over and stay green in the winter and flower most of the summer, then Pink Evening Primrose is the flower for you. Its scientific name is *Oenothera speciosa Nutt.* and speciosa actually means 'showy' in Latin. Pink Evening Primrose is known by many common names such as Showy Evening Primrose, Mexican Evening Primrose, Pink Ladies, Showy Primrose, and sometimes

Buttercups or Pink Buttercups even though they are not in the buttercup family of *Ranunculaceae*. The fragrant large 4-petaled flowers are 1 to 2 inches across and are white after first opening then gradually turning pink as they age. It is most fragrant at dusk or after first opening. The cup-shaped blossoms are veined with dark pink or red and as they age the edges of the petals curl inward toward the center. The flower throat stays white while the stigmas and stamens have a soft yellow color.

Although it blooms both day and night, as the name evening implies, most open their flowers in the evening or pre-dawn hours and close them again each morning or when full sun hits them. In certain shady dappled areas, or on overcast days, they can stay open most of the time. It will grow in shady conditions but will not flower without some sunlight. Pink evening primrose is a favorite of our native bee population and is frequented by butterflies and moths, but more moths because of its evening blooming habit. Another reason it is a pollinator favorite is because of its extended bloom time February-July and sometimes fall. It will bloom the strongest in the spring with the flowers getting smaller and fewer as the weather gets hotter. Each blossom lasts only a single day. This is a hardy drought-tolerant perennial species that can form dense upright sprawling colonies from 8 inches to 2 ft. in height and spreads through reseeding and from underground stolons. It works very well as a naturalized border as long as sharp crisp lines are not

mandatory. As an added bonus the leaves will turn a reddish color in the fall. This

flower can be found from the central grasslands to northeastern Mexico and it has been naturalized almost everywhere. Its preferred habitat is anywhere that has well drained soil and it is not very particular on the soil type. It cannot stand complete soil dryness and will often go dormant in such conditions. It may also suffer root rot in extremely wet conditions where the soil doesn't dry out.



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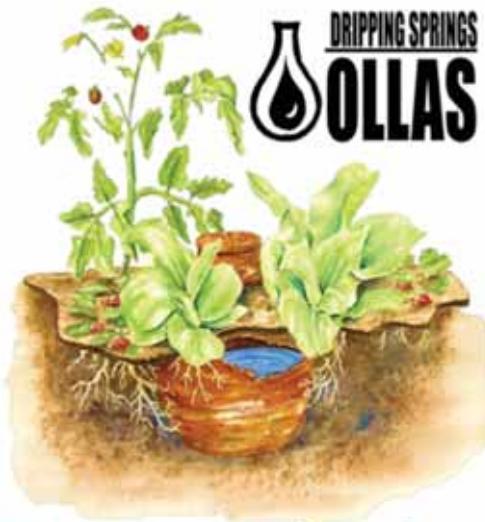
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diversity of beneficial, active, aerobic microbes and can inoculate the leaves of plants, too.

4. Supplementing Nutrients

PLANT LIFE: The next step is fertilization. Microbes and plants need nutrients. We want fertilizers derived from naturally mined rock and from plants...and we want to make sure that they are not from genetically modified crops. A mix of both dry and liquid fertilizers achieve short and long-term goals. And they must be applied throughout the growing season.

HUMAN LIFE: Since our food nutrients have been slowly depleted with conventional agriculture soil practices over the past 75-80 years, we definitely need supplemental nutrients to complement our diets. We need to add vitamins and minerals and trace nutrients that have been missing. 75% of our populace are deficient in Vitamin C and Vitamin D₃. The harmful trans fats—corn, soybean, canola, safflower, sunflower and cottonseed make it a necessity to take Omega-3 oils. Sea vegetation brims over with dense nutrients that our depleted soils lack.

Each one of us must research what it is we individually require.

5. Biostimulants and Micronutrients

PLANT LIFE: There are more than 80 elements, many of which are important in small amounts as catalysts and enzymes in the soil and plants. Examples are iron, manganese, copper, molybdenum and selenium. Our food supply is tremendously lacking in most of these, and our health is suffering as a result.

HUMAN LIFE: Our bodies need enzymes and amino acids, as well as vitamins and minerals. And, again, our food supply is lacking in these and our health is suffering as a result.

6. Energy

PLANT LIFE: Energy comes from microbes and animals, water, air, plant roots, nutrients and from the interactions of all of these things.

HUMAN LIFE: Our energy also comes from all the various sources of organic foods and all of the nutrients therein.

As a lecturer, columnist and author of "Marna's Corner" for newspaper and magazine publications, she has been providing motivational seminars for the past 25 years. For the past 5 years, she has been holding nutritional seminars in Dripping Springs, telling the truth about pharmaceutical drug and industrial processed food 'misconceptions' that lead to degenerative diseases. This month's seminars are Sunday, September 8 and 15 1:30pm to 4:00pm. Contact her at 512-858-4870 or marnaandbill@gmail.com.

Preserve the Harvest

“The ‘Art’ of Canning”

By Kathy Waymire

I was reading something the other day and it talked about the “Art” of canning. I really never thought of canning as an art, maybe a skill, craft, talent, or a knack. But the article made me look at canning a little differently. I always thought of art as something pleasing to the eye. I opened my cupboard and moved all my jars around, placing them in rows of contrasting colors to see if I could create some artwork. But then I thought maybe I should look up the definition of “art”. The dictionary defines “art” as an occupation requiring skillful use of the hands; so, based on that definition; every jar in the cabinet is an individual piece of art.

I now think of “art” as something more than the dictionary definition; it is anything that is pleasing to the senses, and a jar of canned goods not only is eye-catching, and requires skill, but it is flavorful and aromatic, too!

This “art” actually starts in the garden, when you inhale the familiar scent of tomato foliage as you reach for the fattest, reddest tomato on your vines. It’s so ripe; it almost falls into your hand. This tomato was intended for a salad, to be cut up and mixed with the lettuce inside, but you have to have it *here, now*. You clutch it like a beautiful crystal ball, turn it gently to get the full beauty, and then bite into it like an apple. You can’t buy a tomato like this in any store. This multidimensional beauty with rich taste and texture can only be homegrown.

Don’t you wish you could bottle up that taste and enjoy it all year long? There is in fact a way to capture that kind of flavor and pride; you can, if you *can*.

You can *can* almost anything: mint jelly, potato soup, barbecue sauce, green beans, fruits, meats, the things you can *can* is limitless. With the proper equipment the sky’s the limit. Canning some or all your own food for your household does require foresight and skill. But, once you have those colorful jars sitting on the pantry shelves like treasures, you will find canning food provides a deeper wealth than dollars and cents, and is only one among many reasons people have taken up the art.

Home canning provides better flavor and nutrition. The flavors and textures are just better, more alive and real. The absence of additives has something to do with the difference, as does the selection of top-quality ingredients.

Tomatoes are one of the easiest foods to can. Simply blanch, skin, place in your sterilized jar, remove all the air, add a little Kosher salt, you can add water if you want, but I can tomatoes in their own juice. Wipe the rim, add the 2-piece seal and place in the water bath canner and process. Look up your recipe in your favorite canning magazine. You will find canned tomatoes will be something you use regularly. You can use them in soups, stews, sauces, or one of my favorites--straight from the jar. The taste is still that of a fresh tomato when winter is in the air.

So, expand the enjoyment of your garden past the summer months and enjoy the fruits and vegetables all winter long by home canning. When you join the ‘Canvolution’, you do not have to worry about the grocery store products and what you are getting in those jars. You grow it, pick it, can it, and eat it, without the concern of what the manufacturers have added to their product.

If you would like to schedule a canning party or class, send an email to redbudranch@mindspring.com, I will work with you to put together the perfect training for you and your friends. Not only will everyone learn to can, but you will be able to add the jar of home canned food to your cupboard for enjoyment later in the year.

Red Bud Ranch in Chico raises and sells all-natural, grass-fed beef. No chemicals, No hormones, No antibiotics. Our pastures are chemical-free, too. Contact us directly at the ranch 940-644-1849, or come see our local operation and purchase some lean, all-natural chemical-free Black Angus beef.

Growing Fall Garden Transplants

By Pam Hornby

As the dog days of summer fast approach we need to be already thinking about the fall garden, especially if we want to start hard to find transplants. However, it's hard to envision crisp salads filled with all your favorite lettuces, bits of broccoli and other goodies when the temp is over 100 degrees. So why even garden in the fall, let alone grow your own transplants?

For starters, it's next to impossible these days to find fall veggie transplants that are the right variety for your area. The plants you find are most likely at a big box store and unless you get there the day the delivery truck was unloaded, they will be sickly before you can even get them home. Many of the transplants are already leggy; root bound, and most likely came from a large grower in another state. Also, seed is cheap compared to the price of a 4-pk, plus the choices are seemingly endless. Why be satisfied with boring Snow Crown cauliflower when you can grow gorgeous orange Cheddar, or funky green Veronica cauliflowers? Why keep growing the broccoli that bolts on you year after year, because it was bred for Northeastern gardeners, not Central Texas? Why grow Black Seeded Simpson lettuce when you can grow Tango, Galactic, and New Red Fire, lettuces with flavor and texture?

Depending on what region of Texas you live in, you need to start your brassica seeds as early as August 1st, to get the most from your harvest. In other regions you'll want to succession plant throughout the fall since a warm snap can start the bolting process at any time, especially with broccolis. We like to start with several varieties like Packman, one of the fastest varieties, Marathon, it's later and can take the cold better, and Belstar. Every year we try something new and "improved."

Even though it's nice to have a state of the art greenhouse at your disposal for fall transplants, it's not necessary. A bright window in an air-conditioned area works great for getting seeds up and growing until they

are ready to pot, or place in a cool spot outside that is protected from the hot afternoon sun, excessive wind and thunderstorms.

There are basically a handful of things to remember to grow healthy, productive transplants.

1. For starters, keep it clean. You need clean plant trays, and 4-pks for transplanting into, and a clean work and growing area.
2. The mix needs to provide anchorage for the plant, as well as a source of mineral nutrients, water and oxygen for the roots. It's best to use a sterile soilless mix, since any topsoil can contain disease pathogens that can cause damping off. Most commonly used is a Peat-Lite Mix which is usually a 1:1 ratio of sphagnum peat moss and either perlite, or vermiculite, or both. Perlite helps aerate the mix, so it drains well; vermiculite helps retain moisture and nutrients. Dolomitic lime and fertilizers are added to the mix as needed. Mixes work best when they are pre-moistened before use; I try to do it the day before, since peat takes a while to absorb water.
3. If you have limited space, you can easily start 5-6 different types of seeds in one standard plant flat, the type 4-pks come in, and each flat can hold at least 200 plants.
4. I line the flat with a couple of layers of clean newspaper, so none of the mix can fall out the bottom. Fill the flat almost to the top with your mix and then gently roll a glass jar on the mix surface to level it. This way your seeds will be planted at a uniform depth and germinate at about the same time.
5. To plant several varieties you can divide the flat into sections by separating with Popsicle sticks.
6. Sprinkle your seed in each section and make sure you label each section while seeding.

Transplants, continued on page 22

Get Personal With Your Garden

By Patricia Byrne

If you are putting in a fall garden, grow the vegetables that are most important to you or your family's blood types. Have you ever thought of what vegetables or foods are best for you and your family? It is important to know your blood type. Some blood types are naturally more acidic than others. All foods are not equally good for each blood type. If your family is all O blood types there generally is little variation in the foods that are beneficial. If your family has a variation of blood types like A, B, AB, and O then foods can affect them differently. For instance, pinto beans are beneficial for A and AB blood types but should be avoided by B and O blood types. Black and English walnuts are just about the only nuts that are beneficial to all blood types. Almonds are neutral for all types. O's should avoid all wheat products. The only exception is Essene and Ezekiel breads.

Beet greens, broccoli, collard greens, kale, parsnip, and sweet potato, are beneficial to all blood types. Squash (winter/summer), Swiss Chard, zucchini, peas(green/pod/snow), lettuce, garlic, horseradish, garlic, kelp, dandelion, celery, beets, and bok choy, are vegetables that are beneficial or neutral to all blood types. Neutral means it is not beneficial, but is not harmful. The book *Eat Right For Your Blood Type, Complete Blood Type Encyclopedia* covers foods, vitamins, herbs, and treatments for conditions of all the blood types. You may find the key to the annoying bloating or poor digestion issues you may be having. When you think about what you plan to grow, think about what is beneficial to you and your family. Many of the green leafy vegetables do well in fall gardens. Broccoli and squash are good fall crops. You will find that heirloom seeds will provide you with superior yield and with seeds you can save for your next growing season.

Just as different foods are good for you; different soil mixtures are good for different plants. Different parts of Texas have different types of soil. At your local nursery, you can find out with what you need to supplement your soil for vegetables, flowers, shrubs and trees to flourish. In general, adding minerals is a good step. Most soil is mineral deficient. When you are starting a raised bed, you can start with soil mixes that already have good organic

compost, minerals, Diatomaceous Earth and humic materials. You can also buy each of these separately and mix it in the bed. There are good organic compost (cotton burr) mixes of Diatomaceous Earth, humates, and mineral additives available. The soil in your area of Texas may need specific materials added.

It has been shown that minerals strengthen plants and improve growth. Diatomaceous earth from a fresh water source that has a high silica content that is amorphous silica is what you should look for. This form of silica is utilized by plants when added to the soil or combined with humic material. Silica assists plant uptake of nutrients and water. Plants tolerate drought better if silica is available. Diatomaceous earth aids in the aeration of the soil and assists in moisture balance. Humic materials increase microbial production, increasing the fertility of the soil.

Since fall is still warm in Texas there is still a threat of insects attacking your garden. Use a diatomaceous earth crawling insect control in your garden. That way you have insect control and are feeding your soil. Diatomaceous Earth is safe and inexpensive. It can be used in all phases of plant growth. It is safe for earthworms and bees. Never use the type of DE that is used for filtration. It is larger in particle size, the silica is crystalline, and it is dangerous to breathe.



The image shows a product advertisement for Soil Mender Diatomaceous Earth. It features two containers: a large bag labeled "Soil Mender DIATOMACEOUS EARTH food grade" and a smaller shaker bottle labeled "Soil Mender DIATOMACEOUS EARTH food grade". To the right of the containers, a grey banner reads "NEW 12 OZ SHAKER!". Below the containers, the text "DIATOMACEOUS EARTH food grade" is written in a large, stylized font. Further down, it says "100% PURE DIATOMACEOUS EARTH" and "Available in 12 oz shakers & 1.5 lb, 5 lb, 10 lb, 25 lb & 50 lb bags". At the bottom, the website "WWW.SOILMENDER.COM" and phone number "800.441.2498" are provided.

7. Cover lightly with mix, ~ 1/8" to 1/4", and water in gently. I like to plant seeds from the same family when I'm doing this, so I can pot them all at about the same time. When you are starting small seeds or seeds that need lots of light to germinate, like lettuces, it is better to cover them with a thin layer of medium vermiculite.

8. Keep your seeds moist but not soggy, if the surface is trying to crust over and the flats feel heavy, just mist them a little until the seedlings come up. After they are up, do not overwater, lift up the flat and see how heavy it is. Dry flats will be very light, and the mix will be lighter in color.

9. When your seedlings have their first set of true leaves, they are ready to transplant into a 4-pk. After you fill your 4-pks with soil mix, gently water them to settle the soil. Lift the seedling from the flat by its leaves not stems, while loosening the roots with a Popsicle stick. Make a hole in the center of the 4-pk cell and plant your seedling, carefully firming the soil over its roots. Try to plant it at the same depth as it was before and then water in lightly.

10. If you need to move the seedlings outside, do not place them in full sun or set out during the heat of the day. Slowly acclimate them to the outside conditions, like on a shaded porch. If your seedlings are becoming leggy, try using a slow fan on them. It helps thicken the stems and keep them shorter.

My greenhouse growing season in central Texas begins in mid-August with several kinds of brassica's, including broccoli, cauliflower, kale, Brussels sprouts and baby bok choi. I also seed chicories then, (escarole, endive, raddichio), since they do well in the heat. A month later I seed the brassica's again, along with salad mix lettuces. I also start rhubarb in September, as well as celery, sorrel and fennel, rhubarb, fennel and salad mixes do better when they are directly seeded into 4-pks. Head lettuces like it a little cooler, they usually will not germinate well until October, but then I am starting everything in a still warm greenhouse. Depending where you live, direct seeding in the garden may be possible by October and you can put away the potting mix until it's time to start tomatoes. Since we can plant continuously through the winter, we use transplants to get a head start on the ever-changing Texas weather whenever we can.

Herbs for Animals

By Jo Anne Boudreau, CH "The Herb Lady"

ALOE VERA

Aloe Vera is native to warm climates and freezes during our north Texas winters so it's best to grow it in pots and tubs and move them to a protected area before the first frost. Aloe Vera is believed to be the only plant to survive from the Garden of Eden. From it is made the most famous old-time farrier's horse purge and conditioner....Aloe balls (made with Aloe Vera gel, honey, and bran). The juice of aloes was once a very popular equine horse medicine in Europe treating constipation, indigestion, worms, urinary ailments, mastitis, and skin ailments. Externally, as a lotion, as a cure for corneal ulcers, the gel is also applied to sores, wounds, bruises, and tumors.

American Indians called Aloe Vera "the laxative plant" so be sure to test on animals to assess the laxative effect.

Brazilian peasants that were too poor for standard medical treatment made a cancer cure for themselves and their animals by mixing the gel from 30 inches of Aloe Vera leaf to a pint of honey, preserved with brandy. There are some remarkable stories of the healing effects of this simple remedy all over Mexico, South American, and Europe.

ASH TREE

The most beautiful tree was growing in a south Texas yard. I was told it was a Texas Ash. It is a wonderful tree and my favorite. I planted one at the east end of my front vegetable garden where it grew rapidly. The seeds called 'keys' drift in the wind and plant themselves so another Texas Ash tree grows at the west end of the garden shading heat tender plants from the summer sun. It's an acclaimed tree of magic powers. Shepherd's hooks were made from ash wood and said to protect flocks and herds. The thrust of an Ash wood staff protected travelers from an attacking wolf or snake.

I had my favorite cedar stave, that I used to move and load cattle and sheep, leaned against the cow pen fence within easy reach when I needed it. One day my late husband walked into the kitchen and handed me my stave with the bark peeled off and painted with a clear lacquer. It is so beautiful it sits in the corner next to the back door. I am going to make a pointed end Ash walking stick to carry for protection in the pastures. Gypsies use all parts of the tree as a snake bite remedy. The keys are made into a tea or fed raw to treat wind and bloat. Let the animals feed off the leaves or cut branches to toss into the goat pen.



Exploring Nature- In Your Own Backyard

Fall Is for Planting: Get Down and Dirty!

By Dale Branum

For most of Texas, fall is the best time for planting most landscape plants. Mild autumn weather allows plants to establish vigorous root systems and develop symbiotic relationships with beneficial soil organisms through the winter and early spring. Trees, shrubs and perennials planted in the fall will be much better prepared to withstand the heat and droughts of next summer than will those planted in spring.

My Suggestions for When, What, and How to Plant in Fall

When – is whenever the high temperatures are below 90 degrees for a week. There really is no terminal date; we can successfully plant most things until Christmas. But, obviously, the sooner the better.

What – Owners should spend considerable time studying (soil, drainage, sun/shade, size, evergreen/deciduous), thinking, and planning to decide what will go where. Generally it is best to do much of the research, in books and on-line, before shopping at a nursery. You may well want to adapt your plan and plant list after talking to a good nurseryperson, but don't go in cold, expecting them to quiz you and come up with good answers.

Trees, Please! – We need to plant more trees. So, think, gentle reader, where might your yard welcome another shade tree, or two or three? Growing big trees from saplings is a wonderful adventure and a great blessing to bestow upon yourself and future generations. Few investments have such long time rewards and increase in value. Don't put it off too long. Fall is the perfect time to plant trees that have been grown for a year or more in plastic pots. Local nurseries can provide you with any size you want, at a price of about \$100-125.00 per inch diameter of the trunk. Three or five

gallon pots with ½-inch trunks 2-feet tall sell for about \$25.00.

For fifteen years, Keep Denton Beautiful has conducted an annual "Community Tree Give Away," with over a thousand five gallon shade and ornamental trees taken home by citizens each year. This year the event will be on Saturday, October 26. Contact kdb.org for details. I'm sure other communities and organizations have similar programs.

Add Some Fruit to Your Eden – Having fruit trees in your landscape can be delightful in many ways: graceful trees, beautiful flowers, food for feathered and furry friends, and sometimes enough to bake a few pies or make some preserves. Most nurseries stock fresh fruit trees grown in containers, both in spring and fall nowadays. However, in my opinion, the best way to start fruit trees is the old fashioned way, planting bare root stock. It's also the cheapest. Nursery-grown saplings are dug up in mid-winter, cleaned, then shipped to buyers for immediate planting while dormant. Frankly, they look pitiful when you first see them. But, plant them promptly (you can hold them for a few days, if need be) and properly water them as needed the first summer, and by next spring they will have tripled their size, outgrowing the potted fruit tree. If you want to follow the bare-root route, contact the Womack Nursery in DeLeon, Texas. They have a great web-site with lots of fruits and nuts. They ship only between mid-December and mid-March.

For Companionship and Culinary Delights; Plant Some Herbs – Many kinds of herbs make handsome landscape plants. Many can be used in cooking and flavoring foods and beverages. Many have beneficial



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would be not only for himself, but for the nation and the world as a whole. His motivation came not only due to the reduction in cost for energy over the long run for the consumer, but the reduction in pollution for the world. This motivation has caused him to devote

most of his energy to this division of his enterprises.

EcoVantage Energy Inc., a member of the Weatherford/Parker County Chamber of Commerce and the BBB, is a global web-based renewable energy provider created in 2001 by the president of SL Enterprises after power outages from thunderstorms caused him to have to replace several computers, televisions, and other electronic equipment at his home and business due to power surges.

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Living Natural First does not test any products featured herein. We simply wish to bring to the attention of consumers products which may be helpful to organic gardening, agriculture, or natural living endeavors. Product information is provided by the featured company.



Amanda Love's Cooking

Delicious, Healthy Recipes from "The Barefoot Cook"

Gluten-Free Vanilla Fig Scones with Pistachios

Please check out this recipe and more at Amanda's website: www.thebarefootcook.com

Mix up your morning meals with this delicious gluten-free recipe! The flavor of figs, pistachios and vanilla come together for the most scrumptious of bites in this recipe. These scones are made with my favorite go-to flour – almond flour. My favorite source of organic, blanched, raw almond flour is from www.benefityourlife.com. Almond flour is high in protein, good fat and low in carbs. I use almond flour and coconut flour exclusively for all of my gluten free baking needs. I do not use any of the other gluten free flours out there such as rice, tapioca, garbanzo, sorghum, potato starch, quinoa, amaranth flour and more as they tend to be gummy, too high carb and not very digestible. Stick with simple flours such as almond flour and coconut for ease of digestion and easy recipe making. Serve scones with butter, whipped cream or clotted cream if you can find it!

Ingredients:

2.5 cups blanched almond flour

1/2 teaspoon salt

1/2 teaspoon baking soda

1/3 cup melted butter or coconut oil

1/4 cup local honey

2 large organic eggs

1 teaspoon vanilla extract

1/2 cup chopped dried figs, plus additional for garnish

1/2 cup roughly chopped pistachios, shells removed

Directions:

1. Preheat oven to 350 degrees. Line a large baking sheet with parchment paper.
2. In a medium bowl, combine the almond flour, salt, and baking soda.
3. In a large bowl, whisk together butter, honey, eggs and vanilla.
4. Stir the dry ingredients into the wet until thoroughly combined. Fold in the pistachios and figs.
5. Place dough onto parchment and shape into a rectangle, about 1 inch thick. Cut into triangular wedges. Separate wedges 1 inch apart to allow even cooking (see note). Place a fig garnish onto each wedge.
6. Bake for 12-17 minutes, until golden brown, or toothpick inserted in scone comes out clean. Let cool for 30 minutes on baking sheets, then serve.

Note: *The dough is a bit soft, so it is easier to chill your cut wedges for 30 minutes in the fridge, before spreading them out on the baking sheet. Alternately, you can drop the batter in scant 1/4 cups, 2 inches apart, onto baking sheet.*

Amanda Love, The Barefoot Cook, is a natural foods chef and nutrition educator who passionately shares her love of cooking and healing with nourishing foods. She emphasizes eating fresh, local, seasonal, organic, and nutrient rich food and teaches people how to easily integrate these kinds of foods into their everyday diet to obtain and maintain optimal health. She may be contacted at thebarefootcook@gmail.com or visit her web site at www.thebarefootcook.com to learn about her new organic herbal iced tea..

effects on other plants in their area. Lambs Ears, for example, in addition to being a beautiful gray leafy plant with lovely flowers, is also home for little black beetles, about the size and shape of ladybugs. This guy is a voracious predator on thrips, and will patrol nearby rose bushes for this pest. Many herbs put off fragrances that attract "good" bugs (pollinators and predators) and repel "bad" ones (leaf eaters, like grasshoppers). Some, like Rosemary, Basil, Mint, and Lemon Balm are repellent to mosquitos. We make a strong tea of these herbs and add about 10% vanilla extract to make a pretty good mosquito repellent/confusor. It smells wonderful and feels refreshing to us as we rub it on. And it seems to keep the bugs at bay. I'm still a beginner at understanding these things about the "web of life" in my own backyard, but I'm a firm believer in the value of including plenty of herbs.

Here's a short list of our favorite herbs, recommended for fall planting: Rosemary, Lemon Balm, Lemon Grass, Catnip (got cats?), Chives, Thyme, Artemisia, Oregano, Lavender, Sages (there are many). There are several varieties of some of these herbs. Check details on-line and on labels to know what you want, and what you are buying. Try something new.

Musts: for Fall Planting! – Some of our best spring flowering plants just MUST be planted in the fall to have any hope of success. Texas Gold Columbines are our first thought here. They are one of our most spectacular spring bloomers. They suffer through our summers, but if we keep them watered, when the heat breaks, they put on new leaves in the fall, stay green and cheerful through most winters, even in snow, and then, bang, they bloom in spring, and keep on blooming till about Easter, six to eight weeks. Gorgeous blooms! Plant them now till Christmas from 4" to 1 gal. Pots. They will reward you next spring and for many to come. Note: Columbines need summer shade under deciduous trees.

WILDFLOWERS: Now's the Time! – Join the "Pioneers of the 21st Century" by sowing seeds of native flowers and tall grasses. Whether your yard is large or small (but, especially if it is large) consider restoring some of it to native flora. Reduce mowing, fertilizing and watering and help Mother Nature show her stuff in seasonal beauty. It is a process that needs planning and preparation, but today, anyone with a will to can do it, with a little help. Contact the Neimans and their team at

Native American Seed. See their page in this magazine. Check their website www.seedsource.com. Call and discuss your project with them. They're from here.

BULBS: Brilliant Ideas! – September to December is prime-time for planting lots of spring and summer flowering bulbs. Daffodils are our favorite harbinger of spring. Plant them in clusters of three to five, an inch or two apart, between existing plants. Crocuses, hyacinths, lilies, try some. But, for goodness sake, be sure to plant plenty of garlic! Garlic is a marvelous plant, of ancient origin, with many uses, culinary and medicinal. Garlic blooms from spring to summer, with tiny flowerets that create large globes. Beautiful and long lasting as cut flowers. And they are so easy to grow: just poke the little cloves an inch or two into any soil, water, and come back in May.

There are many varieties of garlic, but you'd have to search for a source. The ones you buy at the grocery store will work fine. Every year after you start garlic, you can save some corms for next fall's planting. Never run out of garlic! I'm told that October is prime-time for planting garlic, but a month either way is O.K. Just do it!

How to Plant Stuff: According to Dale – Unfortunately, I've run out of space for this edition of LNF. So, I'll postpone till next time my personal prescriptions and proscriptions about "how to do it." Meanwhile, start thinking about your fall landscape development. Do some research; explore your yard; imagine what could be. But, if you're ready and restless to plant some stuff now, I suggest you check Howard Garrett's advice at www.dirtdoctor.com. And/or study the first ten pages of his book, *Plants of the Metroplex*.

Learn to love the land you live on. Seek to understand it better, serve and be served by it.

Do you know what type of soil you have? If you don't, find out. It's a good place to start.

Dale Branum is Owner/Manager of TLC Landscapes of Denton, Texas. Established in 1979, TLC Landscapes was one of the first in Texas dedicated to organic practices. Since 2010 he has focused on consultation services helping homeowners plan and carry out development of their landscapes for economic and ecological benefits. He is available as a speaker to groups in North Texas on the subject: "Stewardship of the Earth Begins in Your Own Backyard." Dale can be reached at: tcland@inyourownbackyard.com or 940-566-2458. See his web-site and photo gallery: inyourownbackyard.com



September Garden Tips

- Dig and divide spring blooming perennials like iris and creeping phlox when nighttime temperatures start to fall.
- Plant wildflowers now to bloom next spring.
- Lightly prune and fertilize roses to promote fall blooms.
- Sow seeds of lettuce and other greens in the garden this month. Be sure to keep the ground moist until the seeds germinate.
- Prune evergreen shrubs this month so they have time to harden off before cold weather hits.
- Fertilize lawns using a 3-1-2 or 4-1-2- ratio fertilizer.
- Plant lettuce, kale, cabbage, Swiss chard, spinach, broccoli and cauliflower plants.
- Sow seeds of root crops like carrots, turnips, and beets.

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<i>If you would like to have your organic garden club listed here, please contact us.</i>	



Herb Talk

By Jo Anne Boudreau, CH "The Herb Lady"

For every illness on this earth, there is a plant to heal it. There is no such thing as incurable in Nature. Give the body what it needs and it will heal itself.

SUPER LIVER CLEANSE

We give so much attention to the heart, stomach, kidneys, and spine, but pretty much ignore the liver. A fatty liver is a very serious condition caused by too many french fries, chemical medicines, and ice cream (which turns into alcohol in the stomach). Overeating foods that turn into alcohol can damage the liver like over drinking alcohol.

The liver has over 700 functions and needs to be taken good care of. Drink an iced drink with a meal and the liver shuts down and does not supply the digestive juices needed. Think of jumping into cold water in the middle of the winter. Ice water gives that same shock to the liver. Arabs drink hot mint tea, Asians drink hot green tea, South Americans drink hot Yerba Mate tea with meals while most Americans drink iced tea with meals.

GRAPE JUICE LIVER CLEANSE

Pour 2 quarts of organic purple concord grape juice into a glass gallon bottle. Some restaurants will sell you a glass gallon bottle. Squeeze 4 oranges, 4 lemons, and 4 grapefruit and pour the juice and pulp into the grape juice. Fill the bottle to the top with spring or deep well water.

Choose one day a week that you will do your grape juice liver cleanse...I do mine every Wednesday. Drink a big glass of your grape/citrus juice for breakfast, another for mid morning snack, another for lunch, another for mid afternoon snack, and more for supper. Eat no food on this grape juice fast but drink the entire gallon of juice throughout the day and all the pure water you want. NO ICE! I fill my 32 ounce sippy cup with grape/citrus juice to drink all day at my herb store.

Dr. Johanna Brandt of South Africa wrote the book *The Grape Cure* in 1928 after curing herself of a

large mass in her chest and stomach by eating a diet of dark purple seeded grapes. I found the little book at a library book sale for a dollar years ago and just finished reading it again.

Dr. Francisco Contreras MD, director of Oasis Heart Institute and Oasis of Hope Hospital, wrote the book *Have a Grape Day!* in 2003 telling of the heart building and strengthening powers of the purple seeded grape. He writes that to heal a sick heart or get rid of a tumor, to eat a pound of dark seeded grapes a day but not over 4 pounds....to chew the seeds and skins well because they are loaded with phytonutrients. I find that my Sweet Fox Grape that I dearly love is a parent of the Concord Grape.

Grapes are great for dieting since one cup contains only 60 calories at the most. They are loaded with nutrients and super cleansing to the body. You can eat your way to being slim and trim with grapes.

I don't waste my money on seedless grapes or watermelons because most of the nutrients have been bred out of them. Watermelon seed tea is great for the prostate.

Be sure to wash grapes well just before you eat them since most on the market are sprayed with toxic chemicals.

My friend Janet Tompkins says she soaks her fruit and vegetables in a solution of liquid grapefruit seed extract with a little baking soda in water for 10 minutes then rinses, eats or stores. I put a dry paper towel in the bag or container to soak up any moisture that can cause mold.

Herb, continued on page 30

SPIRULINA

Spirulina is my survival food. It is 70% protein while hamburger is 19% protein and oats are 14%. Spirulina has every nutrient the body needs for nourishment....we can live on it. One pound of Spirulina lasts me 3 to 4 months. I travel with the tablets because the powder is green and messy.

Eating Spirulina during pregnancy nourishes and protects the baby from heavy metals. It's a super safe food and super liver and gall bladder cleanser. I have to consciously eat more while taking my Spirulina because I get way too skinny. I sell a pure Hawaiian Spirulina in my herb store. Used to get some from Mexico, but the lake it is grown in is so polluted and crazy stuff is going on down there.

HEART HEALTHY FOODS

The heart and brain needs good fats. It was believed that glucose fueled the muscles. It's now known that the muscles need good fats for fuel. A runner will quickly burn up glucose and the muscles will scream...bring on the fat! Those fat free diets of the recent past did more damage to people...even killed them. I refused to eat fat free. My brain is made up of fatty tissue, my heart and other muscles need good fat to keep me strong and healthy, muscles move my eyes and digestive system. How many people are suffering because they are not getting enough good fat? Avocados, olives and olive oil, coconut oil and coconut cream, real butter from grass-fed cows (butter from grain-fed cows contains no vitamin E...butter from grass-fed cows is loaded with vitamin E). Alaskan Cod, and lamb are all good sources of good fats that are in my diet every day.

HEART HERBS

I love Dr. Oz but don't always agree with him. He told a woman that there was nothing that could slow her rapid heartbeat...that her life would be shortened by it. The herb Motherwort slows a rapid heartbeat. It's in my Mend Your Nerves Tea along with Lemon Balm and Lemon Grass. Lemon Balm and Lemon Grass kills the old chicken pox virus that eats heart and brain cells and causes inflammation and shingles. Lemon Grass is also a rich source of vitamin A so it's good for the skin and the eyes.

Heartguard contains the herb Arguna that has been used in India for thousands of years to stabilize an irregular heart beat. Many suffer from Afib (atrial fibrillation) and are told there is nothing they can do about it and that it WILL cause them to have a stroke. Talk to many natural health minded people that have healed themselves of Afib with heart healthy foods and herbs, good sleep, stress management, and exercise. I was so pleased to find Heartguard with Arguna at my India herb suppliers.

MAGNESIUM SPRAY

Magnesium is a natural muscle relaxer. Restless legs and cramps are relieved when sprayed with magnesium chloride. Yesterday I was busy with customers and didn't drink enough water or get a lunch break, and so got a cramp in my thumb while ringing up a sale. I reached under the counter and sprayed my hand with magnesium spray. The cramp went away instantly. I spritzed my face for good measure and told the customers about this wonderful stuff.

Type 2 diabetes has been linked to low magnesium. Help balance blood sugar by spraying often with magnesium chloride. I spray 6 or 7 times a day. Research directly links heart attacks, high blood pressure, congestive heart failure, and arrhythmias to low levels of magnesium.

Depression has reached epidemic proportions in this country. Practically everyone with depression and suicidal thoughts is low in magnesium.

Boudreau Herb Farm is 6 miles north of Mineral Wells, TX on Hwy. 281, 40 miles west of Fort Worth. The farm and herb store are open Wednesday through Saturday from 10am to 5pm. I do mail order. Call 940-325-8674 during business hours to order. I don't answer the phone when I'm with a customer to protect your privacy, so please call back.

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