



November 2023 @ PPI

OUR MONTHLY NEWSLETTER



PPI Update



We moved the RHT (Rolling High Tunnel) to it's winter position. Spinach, kale and arugula were planted in a few rows and we will seed the rest for a late winter crop. Our sweet, crisp spinach grows well through the winter with no heat! A clear, sunny winter day could bring inside temps in the 80s when there is snow outside. We did hit 90 degrees inside in February a few years ago! Who said you have to go to Florida to get warm in the winter?!

The cordwood walls for the composting outhouse are finished thanks to Miles, Steven and Raphael. I found that I could work by myself, when needed, to beat the change in weather by making a smaller batch of mortar and having all the materials prepped and ready to go. **Now the floor, doors, and commode seats need to be finished, weather allowing?!** We are close to having a great example of a green building using our soil in the mortar mix and cordwood from our local forest plus adding local repurposed windows. Thank you to Meghan, Donny and Steve for help in securing the cordwood!



Our cool storage room is loaded with tomatoes ripening for continued market sales. The green tomatoes are in large bins and moved to the orchard rack to watch when closer to being ripe. Thank goodness we can extend the season to enjoy their garden fresh taste in November.

-Mona Lewis

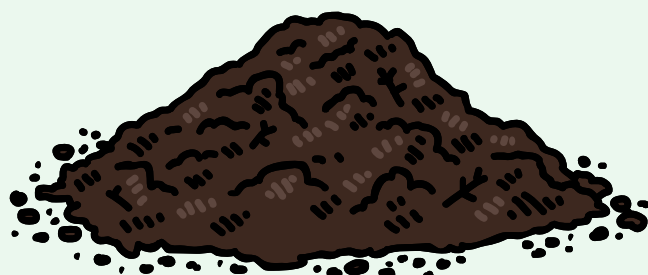
Articles & More...



Annalisa taught available board members the steps to creating Biocomplete Compost. This, she feels, is the supercharged way to reach maturity and full nutrient cycling within a short time period in permaculture and regenerative landscapes. We had a chance to see how effective it was and PPI is excited to offer her workshop next spring. Comment "I have never seen 80% of the greens in a compost pile break down in 4 days!"

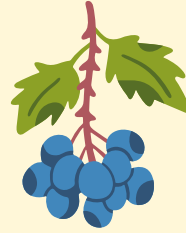


We built a thermophilic compost pile in hopes of having it turned 3x before the weather came in. I think the nitrogen content was low in the green inputs, as this happens in fall as the plants put their energy into seed production and roots. It was a fun exercise, none the less, with Mona getting experience in temping the pile and turning. The leftover material will now be recycled as carbon input, and we will start over in Spring. - Annalisa Pedrasa





Angela Devani,
Medicine Woman and Teacher



I spent the first two weeks of October in the wilderness harvesting roots and berries. After a plant flowers and the season shifts from summer to fall, the plant puts its energy (and medicine) into producing seeds or into the root.

What roots do you collect in the fall?



Some of my favorites are **Dandelion, Burdock, Mallow, Oregon grape and Arrowleaf Balsam**. Dandelion and burdock roots are great to have in the spring for a liver cleanse, after eating the heavy foods of winter.

Mallow root tea is one of the best roots to assist with dry nasal passages. In the winter when your nose is bloody, drinking mallow root tea for a couple of days quickly moisturizes the nasal cavity and brings you relief.

Oregon grape root contains berberine, which is a wonderful anti-bacterial, that you can use in the form of tea, tincture or oil.

Arrow leaf balsam root is an alternative to echinacea, which is on the "At risk" list of being over harvested. Use the root from the arrow leaf balsam plant can support your immune system through the whole winter. I typically make a honey with it or use it as a tincture.

Feel free to message me with any questions about roots to harvest in the fall.

angela@paradisepermaculture.org

BY

Joy Larsen

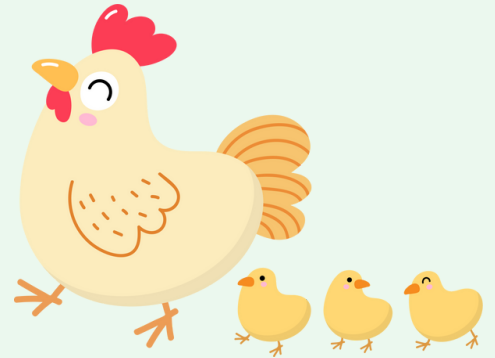
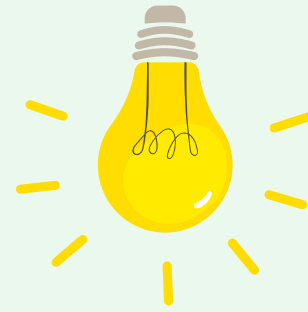


VALLEY GIRLS EGGS

Hello Everyone....REAL weather change here locally!!! Put the "garden to bed" last week till Spring and now getting my flock winterized as well.

My girls eat "free-choice", they will consume more for energy to stay warm... always be sure they have oyster shell for calcium too. They'll need lots of water now, I have an "electric heater base" that the galvanized waterer sits on to prevent freezing.

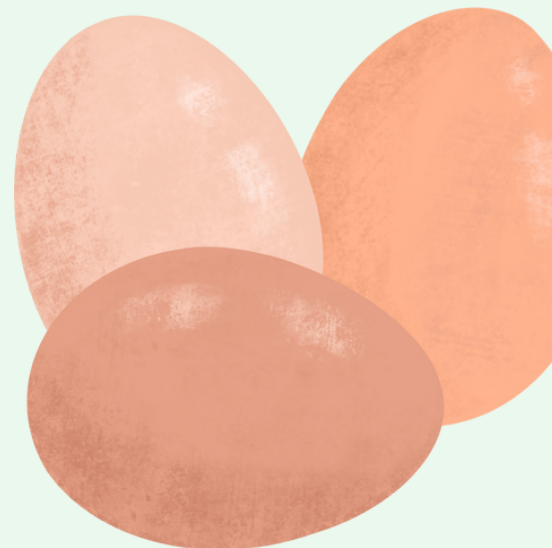
I use a 40W bulb set on a timer for additional light and warmth in the coop nesting box area.....they need 14-16 hours of light a day to lay consistently.



In the coming months I'd like to talk about how a little urban farm can help you make the most of your backyard along with a permaculture plan!!



Joy's chicken yard.





Meghan McGowan,
PPI Board Member

We are still in autumn, and yet we are under about 1 foot of snow.



Our gardens, the trees, the grass are all transitioning into a time of dormancy. They are all slowing down. I was able to help my garden to transition. **I left roots where I could in the form of cover crops, I left any young weeds that were growing, I mulched 3-4 inches with leaves and bark.** I left many self-seeding annuals with the hopes that they will return next year. I left the sunflowers as food for the birds and homes for insects. I did what I could, **and now I, too, will slow down and enjoy the chilly air and the large snowflakes.**



**Interested in learning more about permaculture or Paradise Permaculture Institute?
Think about joining our board? Contact Mona**

@ 406-222-9999 or visit www.paradisepermaculture.org

NEXT EVENT

SATURDAY, JANUARY 27TH, 2024 SEED SAVING EXTRAVAGANZA
FREE -- AT THE LIVINGSTON PARK CO LIBRARY (10:30 AM TO 12:30 PM)