

# JULY 2023 @ PPI



OUR MONTHLY NEWSLETTER

## What's Growing @ PPI?

From Mona Lewis  
Certified Permaculture Design Consultant

**Lewis Mock Orange is a native shrub** and one on our demonstration site sits right next to our rain garden. LMO is an underused native, hardy to zone 3, with a delicious fragrance similar to orange blossoms! They bring Bees & Butterflies to your garden and with regular watering this spring ours are now over 7 feet and smothered in blossoms.

For an informative factsheet from the USDA on Lewis Mock Orange, [click here.](#)



**Catch us at the Livingston Farmer's Market on Wednesdays 4:30pm to 7pm.**

**We will have potted plants, raspberries, lemon balm, valerian, sunflowers** and in a few weeks, Jerusalem artichokes, goji etc...

*This week we will have tender garlic scapes and fresh lemon balm for tea.*

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### **Duck Pond Fertigation**

*Contribution from a PPI Friend*

Our ducks are hard at work this summer, making eggs and feeding our fruit trees. While they are playing in their duck pond, they are making nutrient rich water that we can divert to the gardens, trees, or just a dry patch in the yard.

Installing a T with some valves allows us to circulate the water normally, and then drain their pond thus moving the nutrients to our plants. The excess plant scraps can be fed back to the ducks.

This simple pond, and these simple ducks have made a nice fertigation system for our homestead, making dual use of all the components involved. Oh, and the ducks are happy, and fun to watch...nice side perk!



NUTRIENT RICH (DIRTY) DUCK POND WATER



NUTRIENT RICH PLANT FOOD



DUCKS ENJOYING CLEAN FRESH POND WATER

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## Rain Garden

*Update from Mona Lewis*

This is the second year for our raingarden and it is flourishing in this wet weather. **It has only been watered a few times since winter and yesterday we gave it a new coat of woodchip mulch.**

The first layer of mulch added this year is ramial wood chips (see our June 2023 newsletter) and the top layer is shredded cedar mulch, leaving a space of 3 inches or more around each plant. **Mulching cuts down on weed growth and retains moisture.**



MONARDA BEEBALM

## Wild Medicine & Food

*by Angela Devani, Medicine Woman and Teacher*

As we move more into summer, you might notice the hillsides in Paradise Valley dotted with the violet blossoms of Beebalm (*Monarda fistulosa*).

I love seeing this plant and appreciate how it attracts our pollinators. **A member of the mint family, you will recognize beebalm because of its square stem, opposite leaves and a flower that looks like a pin cushion.** Most flowers are rose-oink or violet, although I have heard that of some fuchsia colored beebalm flowers along West Pine Creek. The plant is prolific on the Deep Creek Trail and Suce Creek Trail.

Tasting of a very strong oregano, you can use the leaves and flowers of beebalm for tea, in sauces as a substitute for oregano or as trail nibble (if you like the strong flavor).

Medicinally, beebalm is warming and has been used as a tea or tincture to help "push fevers outward, bringing the heat to the surface of the body". Beebalm brings warm circulation to any area where it is applied and acts as an antifungal and antimicrobial agent.

You can infuse the leaves and flower in an oil to make a body oil or salve. I referred to the book "Mountain States Medicinal Plants" by Briana Wiles for some of this information.

If you have any questions about the identification, use or process of making plant medicine, feel free to email Angela at [angela@paradisepermaculture.org](mailto:angela@paradisepermaculture.org).

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## Starting a New Garden?

*Tips from Meghan McCarthy, PPI Board Member*



**1. Assess your space:** where does the sun hit your space? How does the wind come in? The rain? What spots get 6-8 hours? 3-6 hours? What is shady?

**2. Prepare.** I would recommend an at home soil test. Ideal pH is about 6.5. You can get kits from your local nursery or hardware store. Micronutrients of Nitrogen (N), Phosphorous (P) and Potassium (K) need to be present.

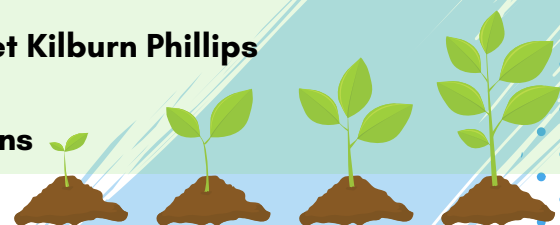
**3. Decide.** Raised Bed or Ground Beds. **Raised beds:** line the bottom with 1 to 2 layers of cardboard without tape on it. Use 3 layers if the cardboard is thin. Water the cardboard for 2 weeks before planting. It will suppress the weeds, grasses and feed the soil. Fill the bottom with sticks or small pieces of old wood. I fill my beds with raised-beds potting mix or a mixture of potting mix and compost.

**In-Ground Beds:** just add a nice layer of compost and rake that in.

**4. Pick your plants and plant!** Water daily. Remember we live in a high desert.

**“There are no gardening mistakes, only experiments.” - Janet Kilburn Phillips**

**Pictures: Fencing for our deer neighbors! & Beginning Gardens**



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## Give-A-Hoot is Here!

**Our biggest fundraiser is beginning now July 1st through the 31st with the Give-A-Hoot campaign.** Your generous donations will be matched by PCCF. Our dream is to bring the community together by sharing ideas on how to easily grow nutritious food. Our demonstration site models technique, provides educational classes and adds to the local food supply. Please consider donating to help us sustain our mission and meet our present goals. When you help us we help others!



**DIRECT LINK TO DONATE**

(DONATIONS GENEROUSLY MATCHED 'til JULY 31st)



# GIVE A hoot

MARK YOUR CALENDARS:

END OF JULY CORDWOOD BUILDING

SEPTEMBER 10, TOUR AND TASTE PC FARM SITE, 10 YEAR CELEBRATION

OCTOBER 7, WILD WEED & VEGGIE HARVEST FEAST

OCTOBER 14, WORKSHOP SEED COLLECTING IN THE GARDEN

NOVEMBER 18, KITCHEN GARDENS

JANUARY 27, 2024 SEED SAVING EVENT

**Hey, are you interested in working more closely with PPI?**

**We are looking to expand our board.**

**Call Mona @ 406-222-9999 or visit**

**www.paradisepermaculture.org**