

JUNE 2023 @ PPI



OUR MONTHLY NEWSLETTER

What's NEW @ PPI?

This has been a great spring for fruit trees and fruiting shrubs to fully blossom. We are excited to see what we will be harvesting. The gojis already have little berry buds.



SPRING VISITS

We are grateful for our volunteers! AmeriCorp volunteers Katie, Meredith and Nhu did a fantastic job transplanting 410 seedlings into 4" pots!

Watch for our plant starts and later in the season veggies at the Farmer's Market.



Montessori Island School

visited for an early spring tour and helped plant several American Chestnuts, Hazelnuts and 2 apple trees. These were all bare root stock and it is so easy to pop them in the ground before they bud out. It is always fun to see what these young Friends observe and we adults can learn from them!



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Give-A-Hoot

Our big fundraiser is coming up July 1 through the 31st with the Give-A-Hoot campaign. Our dream is to bring community together by sharing ideas on how to easily grow nutritious food, demonstrating regenerative agriculture at our demonstration site plus add to the local food supply. Does anyone remember the produce section of our grocery stores 3 years ago? We had more of a selection. **We would like to keep our community well fed!!!**

Watch for:

- **Planting Party, June 3rd**, 10am to Noon, volunteers please come to transplant starts into the Rolling High Tunnel Greenhouse, sign up on EventBrite ([here](#)) or call 406-222-9999.
- Cord wood building workshop is coming this summer! We are gathering materials now so we can set a date soon. **Does anyone have 19 to 22, 6 foot log lengths by 3-7inch widths of lodge pole pine? We like the bark on to demonstrate how to prep the logs. Or do you know someone selling cord wood?** We are adding an 8'x 8' composting dry toilet to the back of our cordwood toolshed.

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Propagating Woody Perennials with Michele Evans

How do you propagate hardwood plants?

You can peg down branches near the bottom of the plant and detach from the plant in a few weeks.



You can also insert hardwood cuttings into the soil or growing medium in containers, leaving around 1/3 of each one visible. If placing them in the ground or a bed, leave around 4-6 inches between them. Roots will form below the surface and new green growth should emerge from buds above the surface in the spring.



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Wild Medicine & Food by Angela Devani, Medicine Woman and Teacher

The beginning of June has brought forth moisture and so many flowers! I have enjoyed watching the abundance of animals and plants awaken after the long winter.

One of the first flowers to shine is the Arrow-leaf Balsam (*Balsamorhiza sagittata*). Looking like a sunflower, with arrow shaped leaves, you will see these 1'-2' tall plants dotting the hillsides at 5000' - 9000' in elevation on rocky, dry, exposed areas.

Medicinally, this plant has been historically used to assist with stuck mucus and to alleviate colds and coughs.

In the spring, the root has a more mucilaginous quality, while the fall root qualities are more inclined to boost the immune system and are our local equivalent to echinacea.

-You can infuse flowers and leaves in olive oil for a chest rub.

-Dried or fresh roots can be unfused into to honey to assist in loosening stuck mucus.

I usually let the plant in oil or honey for 4-6 weeks before straining and using. **If you have an allergy to the sunflower family, use caution with this plant.**

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.





Create a Secret Garden with Mulch! by Mona Lewis Certified Permaculture Design Consultant

I am always amazed how soil “grows”, becomes rich, dark and alive just by adding mulch.



This little secret garden was created over a gravel driveway. We first added just enough soil and compost to get a small tree planted. Since we were building on gravel and rock we began to grow soil by layering cardboard, manure, straw then wood chips. Twice a year, in spring and fall we added 3 or more inches of ramial wood chips. Local tree services make ramial chips when they grind up whole branches with twigs and leaves included. They break down faster using less valuable nitrogen in the process than those made from just tree trunks at lumber mills, which can be damaging to the plants unless the chips are first aged for several years.

Now Nature has taken over and adding it's own favorite plants and every year the leaves and organic matter enriches the soil with very little human input! It is a great place to sit with a book on a hot summer day.

Here is another secret garden space for meditation and watching vegetables grow. The ramial wood chip area delineates a new growing space, holds in moisture, discourages weeds and enriches the soil as they break down.



**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**

