



October 2023 @ PPI

OUR MONTHLY NEWSLETTER



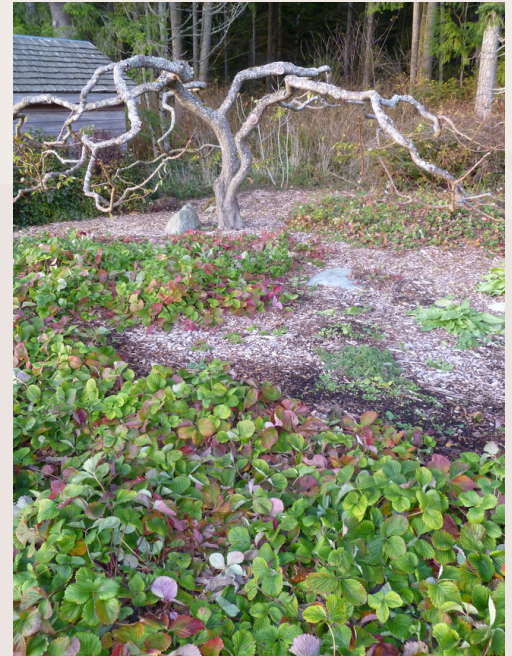
Mulching Garden Beds For Winter

Tips from Mona

Last fall's preparation gave my raised beds the best soil I have ever had!

I usually leave roots of most vegetable plants and chop the tops off with some to stay as mulch. Last year I left most roots, watered the beds well, added 3 inches of leaves and watered, added cardboard overlapping by 6 inches, watered, added 3 inches of wood chips so it wouldn't blow. In the spring when I pushed back the wood chips to plant and I had more worms than I could count! They ate all the leaves and cardboard leaving the tape that held the cardboard boxes together and the woodchips on top.

If you don't have access to the ramial wood chips mentioned in an earlier newsletter improvise with another layer of leaves and cardboard with sticks or on top holding down the corners of cardboard.



Strawberries and Fruit trees trimmed for easy harvest grow in woodchip mulch year round at Paul Gautschi's farm in WA.

Mona visited Paul in the fall of 2013. Paul's documentary: <https://www.backtoedenfilm.com>



Events, Articles & More... ↘



Wild Medicine & Food

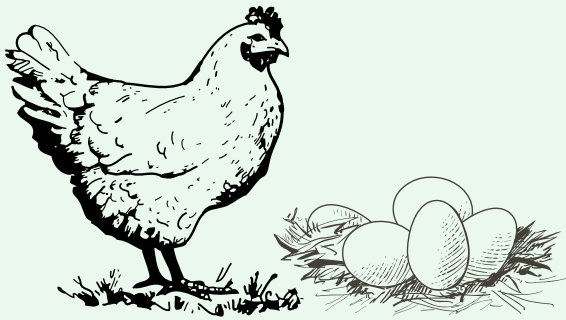
by Angela Devani, Medicine Woman and Teacher

As we move from summer to fall, you might notice bright red "berries" called rosehips on the roses in your yard, parks and trails. We are very blessed to have a wild "Woods Rose" in our area which provides medicine to us nearly year round.

In the spring and summer, we can enjoy the beautiful rose petals as trail nibble and on salads. I like to make rose petal honey each summer by filling a glass jar with rose petals and covering them with local honey. I let the petals and honey macerate for 4-6 weeks, then strain for a delicious honey that I enjoy in tea and on toast. **Adding rose petals to your tea is a great way to support the immune system and recover quickly from cold and flu symptoms.**

In the fall, rosehips show up where flowers once resided. Rosehips are extremely high in Vitamin C. Drying and heating the hips decreases the amount of vitamin C, so to get the most benefit I suggest eating them straight off the bush. Be careful not to eat the seeds inside the hips, though, because the tiny hairs can irritate the throat. If you find the hips after a frost, they are more pliable and the exterior pulp easily separates away from the seeds.

If you haven't experienced rosehips, I hope that you will take some time to try them this fall. Happy foraging!



I have lived in the country in the past on acreage and raised many flocks... Currently I'm on a 10th of an acre in town with a half dozen chooks. So, I do have both perspectives!!

My flock consists of 3 Ameracannas, a Black Australorp, a Buff Orpington, and a Wellsummer. I totally LOVE poultry husbandry and how they add to the Permaculture Concept! Chickens provide free range control of grasshoppers and other detrimental insects, decrease the need for chemical pesticides, aid in soil fertilization, and their bedding plus manure create amazing garden compost.

The current news is that they are molting, no eggs!!! and I'm prepping for Fall and Winter for them and for my raised bed garden.



You'll be hearing more from Joy monthly on "how to" raise chickens in your backyard and derive the most benefits for your garden.



SEED COLLECTING

in the Garden

**SAT. OCT. 14TH
10AM -11AM
LIVINGSTON, MT**



Instructor: Mona Lewis, Permaculturist

We'll talk seeds; when to harvest, how to store...
Enjoy a cup of Lemon Balm tea, get your questions answered, and take some seeds home!



Class is \$10 - Sign up via our website:
www.paradisepermaculture.org
or call Mona @ 406-222-9999



No Joke this is the **best compost workshop ever!**
Backed by science of what REALLY works!

CREATING BIOLOGICALLY BENEFICIAL COMPOST

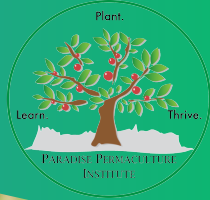
SATURDAY, OCTOBER 7, 2023

(9AM TO 1PM - \$79)

INSTRUCTOR: ANNALISA PEDRAZA



*This workshop is for all levels;
Beginner to Experienced.*



Learn how to create compost that will lead to massive fertility in your garden, hold water on your landscape, keep disease-causing microbes from multiplying in your animal pens and pastures, get rid of weeds, lower pest infestations, and much more without the use of chemicals.

We will have a classroom lecture (bring your notebooks!), followed by hands-on building of a thermophilic compost pile.

After the class, you'll have the recipe to make an aerobic, thermophilic compost pile of your own. You will also have the knowledge to make an aerobic static compost pile that will hide itself from neighborhood critters.

Instructor Annalisa Pedraza, has completed with distinction the Soil Food Web Foundation Courses, as taught by Dr. Elaine R. Ingham. Dr. Ingham has defined and copyrighted the term Biocomplete Compost.



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We are still working on our Cordwood Composting Outhouse! Would you like to learn cordwood building from a Hands-on experience? Sign up for \$25 for training including hand-outs and detailed information or volunteer for free and learn by "doing".

Mini-Workshop; focus on HANDS-ON APPLICATION OF SKILLS.
Instructors: Miles Sieling Contractor and Mona Lewis, Permaculturist

Our work days are TBA as weather allows. Please contact us:
mona@paradisepermaculture.org & **Call for dates and times.**

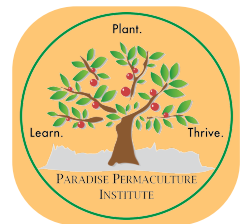
MINI CORDWOOD CONSTRUCTION WORKSHOP

THE "OTHER" KIND OF LOG HOME BUILDING.
SATURDAY, OCTOBER 7TH, 2023 (9AM TO 2PM \$25)
 INSTRUCTORS: MILES SIELING, CONTRACTOR AND MONA LEWIS, PERMACULTURIST

...all the great information from our last CW Workshop, but this workshop has less time spent on preparation and more time hands-on DOING/ Applying!



Now is your chance to learn a "life" skill for green building.



NEWSFLASH



We love bringing organic produce picked day of to Livingston businesses like *Campione* who was just featured in the New York Times as one of the " '50 Restaurants We are Most Excited About' in the nation."

Produce order for Food Works health food store in Livingston, MT.



Upcoming Events



OCTOBER 7 *MINI* CORDWOOD WORKSHOP

OCTOBER 7 MAKING COMPOST
(CREATING BIOLOGICALLY BENEFICIAL COMPOST)

OCTOBER 14 SEED COLLECTING IN THE GARDEN
(GO HOME WITH NEXT YEARS SEEDS)

JANUARY 27, 2024 11TH ANNUAL SEED EXTRAVAGANZA, SEED EXCHANGE

**Would you like to volunteer to see what we are doing close up?
You choose, 2-3 hours per week. We really need help from now with weeding and harvest and into October as there is a great deal to do closing up the gardens for winter. Please contact us.**

**Call Mona @ 406-222-9999 or visit
www.paradisepermaculture.org**