

The Ozarks Agrarian News

ISSUE #2 January 2018

Funded in part by Sustainable Agriculture Research & Education (SARE)
Project #FNC17-1082 "Building the Local Food Economy in Ozark County, MO"



Send us your Reports from the Field, Local Events, Classifieds, Short Articles or Essays, Recipes, Photos, Poems, Sketches, or Anything else related to growing stuff, making stuff, nature, rural culture, self sufficiency, sustainability, etc.

Submissions Deadline is the 10th of each month!

Email: Amelia.LaMair@gmail.com or Mail: 13962 State Hwy 181, Tecumseh, MO 65760

By Mary Badiny

Building Culture and Community in the Rural Ozarks

EVENTS

Jan 18 (noon-1 pm) Smart Start: Starting a Successful Business Workshop in West Plains. Free and lunch provided. Details at: <http://www.ozsbi.com/events/smart>

Jan 19 (5 pm) Marideth Sisco's "Empty Doors" Album Release party at Wages Brewing Co. in West Plains

Jan 20 (5-9pm) Ozark Regional Cats benefit with music from Creek Stink and food from Annie's Hot Dog Cart, Wages Brewing Co. West Plains



Kids Meet-up & CRAFTERNOON
Jan 28th 2pm - 4pm
@ the Tolton's

All ages welcome to hang out and make some art with the kiddos. Snacks and laughs! Contact Chelsea Lyn with questions or directions. (417) 449 - 4092 chelseathemermaid@gmail.com

SAVE THE DATE
HIGH TUNNEL GREENHOUSE WORKSHOP
Gainesville Livestock Auction
Hwy 160 W, Gainesville, MO 65655
\$10.00 fee/farm **Lunch** Provided
Saturday, January 20, 2018
8:30am - 4:30pm
-RSVP-
417-679-3525

- GROW EARLIER IN THE SPRING, LATER IN THE FALL, SOMETIMES YEAR-ROUND
- BASIC TO ADVANCED HIGH TUNNEL PRODUCTION
- COST SHARING OPPORTUNITIES

Jan 31- Feb 2 Missouri Organic Association (MOA) 10th Annual Conference "Healthy Soils, Healthy Plants, Healthy Bodies, Healthy Communities!" in Independence, MO. www.Moaorganic.org

Feb 1, 8, 15, & 22 (6:30 pm) MSU-WP Film Series at West Plains Civic Center Theater. Feb 1: October Sky, Feb 8: The Right Stuff, Feb. 15: Hidden Figures, and Feb. 22: Apollo 13. All showings are free. For details, call 255-7966.

Feb 8 (1:30-3:30pm and 5:30-7:30pm) Nonprofit Development Training with presenter Dan Prator of Drury University. For details, contact Josh Shirley at 256-4280

Feb 9 6 pm Ozarks Neighborly Exchange Monthly Meeting (see write-up) in Theodosia

Feb 14 (9 am- 4 pm) WP Veterinary Vet Supply Trade Show will be in the West Plains Civic Center.



Beef Cattle Seminars

Dr. Eric Bailey, MU state extension beef cattle nutritionist, and Dr. Craig Payne, MU state extension veterinarian, will be visiting south central Missouri and presenting three separate seminars. Dr. Bailey will be presenting information regarding stretching our dwindling hay supplies and Dr. Payne will be addressing issues associated with anaplasmosis problems in our beef herds a year after the institution of the veterinary feed directive controlling antibiotic use in animal feeds. \$10.00 Program fee/farm, Please RSVP to the Extension Office you'll be attending.

Gainesville at 3:00pm on Monday, January 22nd Ozark County Extension Office 526 3rd St, Gainesville 417-679-3525 ozarkco@missouri.edu

West Plains 6:00pm on Monday, January 22nd Howell County Extension Center, 1376 Bill Virdon Blvd, WP 417-256-2391 howellco@missouri.edu

Mountain Grove 3:00pm Tuesday, January 23rd Wright County Extension Office, 9740 Red Spring Rd, MG 417-547-7540 wrightco@missouri.edu

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Presenting:

BRINGING BACK THE AMERICAN SMALL FARM

★ *Featuring Joel Salatin, Polyface Farm* ★

March 8-9, 2018

West Plains Civic Center • West Plains, Missouri USA

This is a two-part conference with Joel Salatin and "Polyface You" kicking off the first morning. Tickets are exclusive for "Polyface You" - seating is limited. See agenda for full conference info including Beginning Farmer Certification Program!

\$125 Polyface You + Full Conference Pass | \$50 Conference Pass Only | Veteran & Student Discounts

Conference Topics:

- *Joel Salatin*
- *Daniel and Sheri Salatin*
Get an in-dept introduction to Polyface Farm and philosophy, strategies for success, and share in Joel's vision for an ideal farm-to-consumer food.
- *Beginning Farmer Certification Program*
- *Marketing*
- *Beekeeping*
- *Soap Making*
- *Tapping Trees for Syrup*
- *High Tunnels and Greenhouses*
- *Agri-tourism*
- *Blacksmithing*
- *Small Ruminates & Hogs*
- *Fall/Winter Farming*
- *And much more!!*

Featured Speakers



Sheri, Daniel and Joel Salatin

Along With:

- *Hank Will, Mother Earth News and GRIT Magazine*
- *Patrick Byers, MU Extension Horticulturalist*

Sponsorship Available!

Register: www.AmericanSmallFarm.com / 417.293.0590



THE

DOWN HOME

ALMANAC



FOR THE MONTHS OF...

Mid Jan thru February
A.D. 2018

NEW MOON Jan 16, FULL BLUE MOON Jan 31, NEW MOON Feb 15, FULL MOON March 1.

BEST TRANSPLANTING DAYS: Jan 11, Feb 5-7.

NOTES ON OUR TIMES

BY JEFFREY GOSS

*It went without much notice, but the children born in January 2000 turn 18 this month. Their coming of age means that for the first time ever, we now have adults who were born in the 21st century. Whether they can act like adults, remains to be seen.

*Juncos used to migrate into the Ozarks every fall in large numbers and stay until late March. The past three years, though, very few have been showing up, and when they do it is not until Christmas or later. It is hard to say whether climate change is the reason, or perhaps fires in their Canadian nesting grounds

*If you treat your spouse in an icy manner, you will soon have a marriage on the rocks.

*To our Arkansas neighbors we extend wishes for a "Happy Robert E. Lee Day", which is celebrated on January 19 (Lee's birthday). Regardless of your opinions about Lee or the Confederacy, he said he wished to be remembered for advocating "government limited and local" and the rights of the States to market their agricultural products freely.

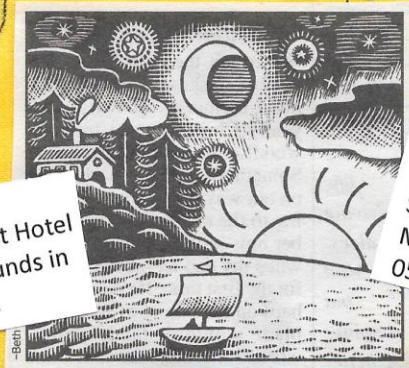
*Soybean growers in the Ozarks don't realize how fortunate they are. The soybean cyst nematode, which has devastated bean crops from Florida to Minnesota, has entirely avoided an area of about 30 counties in Missouri and Arkansas, and 4 in Oklahoma. Probably because there is no vast acreage of continuous soybean cropping. But before it gets here, 2018 is the perfect time for anyone with a suitable plot of land to grow soybeans.

*Not on February 2, according to early settlers of the Ozarks, but on the 14th, St. Valentine's Day, was the time to watch the groundhog, for clues to the spring's arrival.

SHOP LOCAL!

West Plains Farmer's Market

The West Plains Farmer's Market is open Saturdays in the Winter at the Ridge Crest Hotel south of the Heart of the Ozarks Fairgrounds in West Plains. Hours are 9:30 am to 1 pm.



GO-FARM Farmer's Market

The Greater Ozarks Farmers' Agricultural Regional Market (GO-FARM) is held Wednesdays from 9 am to 1:30 pm and 8 am to 1 pm Saturdays during the winter inside of Savor Grill, 1321 Preacher Roe Blvd, West Plains, MO 65775. For more information, call 417-293-0590.




Help Save the Earth: Keeping Worms as Useful Pets

by Wren + Ini, Mountain Jewel

- 1. Find a home for your new pets.** I find heavy duty totes are a good start up, as they won't leak and usually come with a lid. Once your pets outgrow this tiny home, a bath tub steps things up a bit. Any watertight container will do. I've also seen a shelter built with straw bale walls placed on the ground, or pallet boxes in high tunnels. Place their home somewhere that is easy to access. If space allows indoors, it will make for happier worms (they may perish unprotected in cold climates as their native range is California, but we keep ours in our high tunnel just fine).
- 2. Go get yourself some worms.** They are known as Red wiggler (*Eisenia foetida* for the fancy latin speakers among us). You can order them from a breeder or better yet make a connection with someone who has a healthy population of them. Check craigslist, ask local organic farmers or put a wanted ad out there.
- 3. Get some bedding to absorb moisture and keep their home aerated.** Shredded newspaper or cardboard works well (not to mention it's free), so does coir (coconut byproduct) in small amounts. Avoid bleached paper and glossy magazine materials. Too much moisture and not enough air are makes for unhappy worms, not to mention it can get stinky.
- 4. Introduce your new pets to their home.** Throw a house warming party by feeding them! They have a voracious appetite and will eat most things that would come out of your kitchen: leaves, peels, coffee grounds, tea bags, forgotten leftovers, weeds from the garden, etc... Try to avoid citrus and spicy foods as they would turn their noses up if they had any. Meat is a no no to some, but make your own choice about that. If you're really keen, you could diversify your insects pets with black soldier flies who loooooove meat (stay tuned for future posts on these squirmy although not as cute larvae).
- 5. Feed them powdered egg shells.** If you like your new pets and want to keep them around this added calcium will boost their breeding capacities.
Without being creepy, see if you can catch them in the act, it's super interesting as any 2 worms can breed together and they open up the clitellum (the raised band). This is basically a miniature clitoris where they exchange sperm cells! They're incredibly gender dynamic. Each worm then fertilizes their own eggs and lays the next generation.
- 6. When the worms have eaten through a lot of material, start feeding them only on one side of the bin.** You'll notice large amounts of dark black balls, these are their casting and they will naturally migrate away from them to eat the fresh food. Once the worm have moved, remove the good and use casting as top dressing for plants, as addition to new garden beds and to brew worm tea.



Worms by Clark, Age 5



- The moisture levels worms prefer is similar to a compost pile, that of a moist sponge. When you grab a handful, you should be able to squeeze out a drop or two, but not much more than that. Adjust the amount of bedding and types of foods to get it right.

-Your pet's home should smell delightful, like moist fertile earth. If it doesn't, it's probably due to an anaerobic condition caused by too much moisture and not enough air. YUCK! This is neither good for your pets nor your olfactory glands. Make sure to add plenty of absorbent bedding and avoid adding liquid foods until the stinky mess is addressed.

-Worms don't really eat the food scraps, they eat the liquid ooze of decomposing organic matter. Keep that in mind when feeding them, and don't be afraid to freeze the organic matter or let the decomposition process start before adding to their home.

-Worms are photosensitive meaning they don't like light. Keep them in a dark area, and use this to your advantage in one method of harvesting. By piling the casting in rows and exposing them to gentle light, you can remove the top layer bit by bit as the worms will continue to dig deeper.

You may fall in love with these delightful creatures as I have. It gets really fun when you sit and listen to a healthy mass of them squirming with delight as newly added leaves whet their appetites and when you see happy plants enjoying the worm compost! This is definitely an easy solution to helping our Earth out one step at a time!

Reports from the Field

Oran Mor Community, Squires

Here at Oran Mor on Little Creek we have been busy sprouting lots of seeds for some yummy green winter sustenance. The herbal business has been going really well and we are selling lots of our small batch tinctures online and to friends. Looking to branch out and start making more products soon! The plants in our hoop house suffered total annihilation during the cold snap, but we have a plan to fix it up well enough to start brassicas and other plants for Spring. We have been real busy with wood to keep our houses warm and for cooking, and we have been helping our neighbors with wood and other work projects.

Freedom Farms, Gainesville

Work began last year on 6 acres in the "ROLLERCOASTER HILLS" in OZARK COUNTY near Spring Creek. We intend to host Friday Night Campfire Camp Outs. And all day SATURDAY HANDS ON WORKSHOPS. To Learn and Do Down Home Survival Projects. Projects will span the entire spectrum from: COOKING to CAMPING + FARMING + CANNING + ARTING + CRAFTING and WRITING.

Copperlogs Farm, Isabella

We may get snowed in (or mudslicked) but we're making big plans in January. We had a neighborhood luncheon and looked at 4 prospective planting sights. Aside from the 2 here at Copper Logs, there is a high tunnel (Jule and Jon K), and a large fenced garden (Wits End). We walked the sites, talked over what needs done, and offered to help each other in areas we felt qualified.

Dogwood, Tecumseh Jason and Sunni Fine

This month has been a little slower for us. We took a trip to Florida at the first of the year, it was nice to be somewhere warm when it was 8 degrees here! Jason had a birthday, and we had a good time at his party. Our friends sure can cook! The animals are doing well. Our dog Joe graduates from obedience training this Friday, and our Pyr/Anatolian Shepard has been loving the cold weather.

We got row covers on some of our raised beds and will put in some wintry things soon.

The sawmill is ready to go, and as soon as the mud dries up some we will be sawing logs! Best of all, our rocket stove hot tub worked out wonderfully! Its been a joy to soak in it on cold nights. We are counting down the days to spring! (73 at last count)



Stella Luna Farm, Smallet

Heirloom beans drying in the hoop house. We love bean soup in the winter. Add onions, carrots, kale, leeks, miso, tamari. *Photo: Rachel Barry*

Reports from the Field

Maranatha Farm in Rover, Mo. (18 miles east of West Plains on 160)

Growing in the winter is quite challenging in our Hoop House especially when it gets down to ZERO degrees. We have a woodstove on the North end in the back and two portable Mr. Heater Propane Heaters one in the middle and one up front and then we cover all the veggies with 2 oz. floating ground cover. A week or so ago it was not so bad because there was no wind it was a BIG beautiful full moon and no ice or snow so made it much more bearable. Plus we finally got a light put in by my electrician. We also had several hoops over our raised beds growing spinach, beets, broccoli, cabbage and leeks and surprisingly it did OK. The broccoli was a little soft but very edible. A single layer of plastic and floating ground cover inside over the veggies. Looking forward to 60 degree day on Wed Jan. 10th so we can clean out our wood ashes out of the stoves.

Birdhouse Farm. Barren Fork Creek. Mark Twain NF @ Nottinghill

The wood pile dwindles
during single digit days and nights
And ice skating replaces
EVERY thing on the to do list
Grateful for a well stocked larder
provided by garden grace
Clothes won't dry on the line
Pipes freeze
and I wish I would have showered
ahead of time
Testing seed germination
in sweet anticipation
though soil is still far from ready
Sharpening pruning tools
and dancing like a bundled fool
Bees in torpör
awaiting cleansing flight
and I hope for their strong genetics
Under the return of the light...

Ini & Wren at Mountain Jewel, Luna

This last month at Mountain Jewel has offered us much rest and rejuvenation. In early December, we finished planting bare root fruit trees. Recently, we ordered scion wood for spring and elderberry cuttings. We've been eating abundant deer and food we put away over the summer. Thank you summer selves! Planning for next spring's seed starting and mushroom plugging will start soon. We recently started blogging with great success. Our fur family has grown with the addition of Wix, a beautiful black kitten from Michelle Gurley. Giving thanks for winter's deep sleep!

Flotsam Farm, Sycamore

Been resting up this month, partially by choice and partially due to the flu. Only the very hardiest things survived the cold snap: leeks, winter peas, and arugula. Harvested a bit of watercress last night, it's still pretty dormant, but looks better than our greens! We rung in the first week of 2018 ice skating on our little pond. Had to watch out for duck poop out in the middle. They have refused to go in the coop lately in favor of sleeping out on the ice- I guess they know best!



Oik and Marla Bird



longear

HOW TO: OATS AS A GREEN MANURE

We tried a different crop for our green manure on our beds and plots and did Oats. They are doing amazingly well. I have always used winter rye but it is so hard to till under in the spring and always comes back. People who have used oats said it just dies out and you can plant right into it. So this is a new experience for me and anxious to see how it does. It is still doing amazingly well even with this zero degree temperatures. *Mary Badiny, Maranatha Farm*

Wren Haffner



green sunfish

Full Moon

How to describe a cool cloudless night,
 One with such clarity of full moon so bright?
 The feel of the skin one of sensational delight,
 The presence of knowing the moment is right.

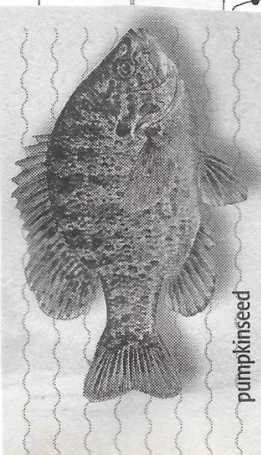
Rays shining on snow encrusted with ice,
 Cassiopeia, Taurus, Orion there to entice.

The energies stir me fully the ascension of a Christ,
 One merging into all the perceptions precise.

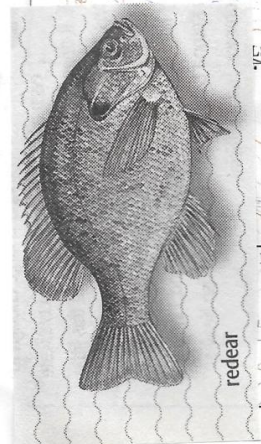
Following a course from east to west
 The symbolism pointing to follow the quest.
 Of knowing this life as one great fest
 And living here today as the anointed guest.

Long hot baths are long winter affairs
 Within and without to see sights so rare.
 Songs of my heart keep filling the air
 A ritual acknowledgement of being aware.

C Kevin Kaiser 2001



pumpkinseed



redear



By Mary Badiny



Whatknot Ale

A light cream ale/wheat beer hybrid
 5 gallon all grain recipe
 ABV 4.4%, IBU 15

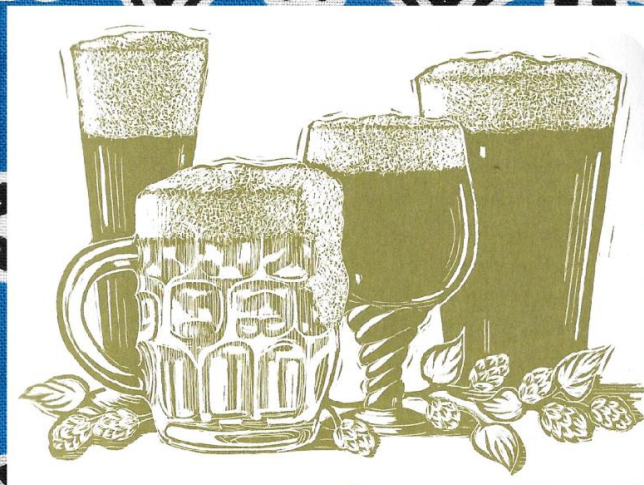
Ingredients

- 3 oz Rice Hulls
- 2.5# Maris Otter Pale Ale Malt
- 2.25# 2-Row Malt
- 1.3# White Wheat Malt
- 1# flaked corn
- 4.4 oz Carapils malt
- 3.5 oz Aromatic Malt
- 3.5 oz Caramel 20L Malt
- 2.2 oz Acidulated Malt (optional)

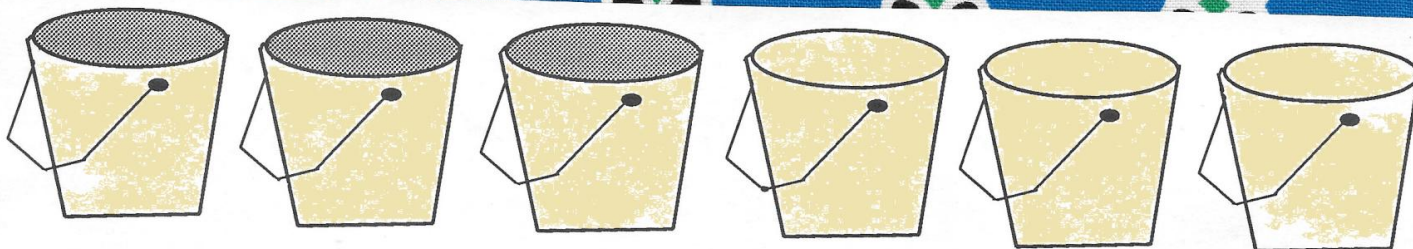
Boil

- .81 oz Willamette hops (60 minutes)
- 1g Irish Moss (15 min)
- 2.5g Yeast Nutrient (15 min; optional but recommended)
- .25 oz Galaxy hops (5 min)

Wages Brewing Company in West Plains is always looking for farmers/etc to work with. From ingredients for beer, to artisan beer/food dinners, to providing a meeting space, and even the art on our walls, we like to do as much as we can to intermingle. Find them online or Call Phil Wages at (417) 293-3119 email: phil@wagesbrewco.com



- Pitch 1 package of room temperature Fermentis Saf-ale US-05 or similar American/California yeast
- This recipe uses a 5 gallon pot. Bring 3.5 gallons of water to 162F. Add all grains which should stabilize the mash at 152F. Maintain that temp as best as possible (between 149F and 154F should be OK) for 75 minutes. Heat to 168F (don't exceed 175F). Vorloft until happy with the clarity then transfer liquid to another kettle (or holding vessel). Sparge with 1.75g of water to collect about 4g of liquid total. Boil strongly for 60 minutes following the hopping schedule. Top up to 5 gallons using filtered or pre-boiled water. Chill as fast as possible to at least 72F, preferably as low as 62F. Transfer to cleaned and sanitized fermentation vessel and add the yeast. Cover the vessel with a lid and airlock and keep in a cool room between 64F and 72F. Fermentation should begin within 24 hours and be strong within 48 hours. Give it 2 or 3 weeks to fully ferment before starting to bottle or keg.
- This is 5 gallon version of the Whatknot Ale we make at Wages Brewing Company. I wrote this presuming you know something about homebrewing, but if you need more details or have questions, feel free to email me at phil@wagesbrewco.com. Cheers!



The Pail Problem: By moving only one pail, line up the pails so that the full ones and the empty ones alternate.

HOW TO: HOMEMADE HOMESTEAD HOT TUB

by Sunni Fine, Dogwood

For many homesteaders water on demand is a luxury, a tub of hot water to soak in? Nirvana. At Dogwood, we have a well at our house site. The cabin we are living in as we build has a small on demand water system (I will cover that in another post,so stay tuned) that includes a shower stall and a sink in the kitchen,. So while we are extremely blessed to have a shower, there is nothing quite like taking a long hot soak after you've been working all day, which is why we decided to build a wood fired hot tub.

This design is simple and easily finished in a day. We have about \$150 in materials.

Step 1: Gather materials and tools. We used a 2 X 2 X 6 126 gallon galvanized stock tank ,1 elbow and 6 three foot sections of 6 inch stove pipe. A shovel, a rake, a rock bar and a skid steer were the tools we used, but there are any number of hand tools that could get the job done.

Step 2: Gather rocks and build a foundation a bit larger that your tub.

Step 3: Lay sections of stove pipe so that it runs through the middle. Level the pipe, so that your stove will draw correctly. One thing we would change here would be to replace the stove pipe with 8 inch 1/4 wall pipe. This would cut down on heat time and last longer than the stove pipe.

Step 4: Fill the foundation with thermal mass. In the Ozarks we have plenty of red clay and rock, so thats what we used. Sand, gravel or dirt would work , just keep in mind that each materiel will have different properties. Do your research and plan accordingly. Make sure and pack your fill tightly, less air space equals less wasted energy, fewer hot spots and faster heating time.

Step 5: Attach the elbow and the upright portion of your stove pipe, make sure its high enough to draw well and not blast heat straight into your face.

Step 6: Place your tub and level it up.

Step 7: Fill er up! It took about 20 min for us.

Step 7.5: This is important!! Cover your tub. We put a yoga mat directly on top of the water, and a tarp over the top of the tub with a rope wrapped round. Doing this will cut your heat time in half.

Step 8: Gather enough fuel to keep your fire stoked. We use a combination of cedar bark, cedar knots and split oak as fuel. Our tub took about 3 1/2 hours to reach a temperature we felt comfortable in, so make sure you have a nice stockpile.

Step 9: Blast off! That don't call it rocket stove for nothing, when it starts sounding like a rocket you'll know you did it right!

Step 10: Hop in and enjoy!
The bottom of the tub gets pretty hot, so you may want something to sit on, we just push the yoga mat to the bottom and sit on it.

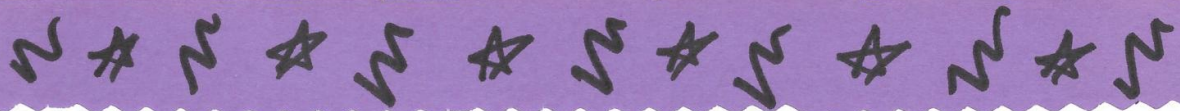
We were doubtful at first that this design would be very efficient, the tub isn't insulated, and we speculated that the cool air temperature (it was in the low 40's F) would sap the heat. There is a small percentage of heat loss, but with such a large thermal mass beneath it, it does not seem to make a difference. The first night we used our tub, we stayed in it about 30 min, stoked the fire and left to have dinner with friends. It was 4:00 when we left and when we got back at 9:30 it was TOO HOT to get in!

The next day, we added a few aesthetic and functional changes. We added more rock to our foundation, both to add mass and to cover up the clay, and we are going to add sand to the top of the clay. I peeled the stickers off the side of the tub, and I'm thinking of painting a mandala on it. We placed a cedar stump behind the tub and very close to it to use as a table. There are two more stumps in the front to use as stools, and we are going to drive a cedar post into the ground nearby for hanging robes and towels on. Finally, we ran a string of solar powered lights around a nearby tree, since night is our favorite time to have a soak.

We were in the tub again tonight and the air temp is 38 F, after a 4 hour fire the temp in the tub was 101 degrees Fahrenheit. For us this design was a huge success, hopefully it will be for you too. Thermal mass for the win!



Rocket Stove Hot Tub Steps 4 and 5



KZGM, Community Radio for the South Central Ozarks!

Gordon Johnston, KZGM volunteer

KZ88 seems like a voice in the wilderness to me sometimes— an independent voice, free from corporate and political control in an increasingly chaotic world. It's been on the air, operating out of the little native stone building on Ozark Street in Cabool, MO, broadcasting informative and provocative shows like Democracy Now, The Thomas Jefferson Hour, and Big Picture Science, since 2009—politics, science, medicine, culture, it's all covered.

About half of KZGM's programs are locally produced. There's lots of music-- all kinds, from jazz to trance, country, folk, rock, and R 'n' B as well--and we love to showcase local musicians. I learned how to make pesto from listening to Kayzie Perkins' Ozark Uplift. An Ozark Native Plant Society lecture on controlled burns was a revelation. And you definitely should check out Jim Vokac and Wendell Bailey's All Things Reconsidered!

Entirely listener-supported, the station is ad free (except for live broadcasts of business-sponsored high school sports events—yes, we do that, too!); it receives no public funds. Money is always an issue, but as both volunteers and equipment begin to age out, the need for funding is becoming increasingly urgent. We need volunteers and donations, of course, but we also need new ideas--for better fundraising, for new local programming, and whatever else you can think of.

Contact us: 417-501-5988, radio@kz88.org , Follow us on Facebook , KZ88, 1211 Ozark St. Cabool, MO 65689

You can donate at the webpage: kz88.org. You can also submit news stories, event information, announcements, etc., there. (Send music if you have some!) Or stop by; Myron is usually around during regular business hours.



Ozarks Neighborly

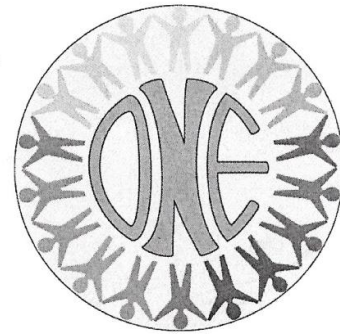
Exchange (O.N.E.) is a local group which seeks to promote local self-sustainability through neighbors helping neighbors. The word "Exchange" in our name refers to an exchange of ideas, goods and services.

Our January speaker was Amelia LaMair who spoke about her latest grant which seeks to connect us to one another economically, socially and physically in productive and creative ways (including this newsletter). Thank you Amelia for a great presentation. We are looking forward to hearing Alex Edwards speak at the Feb.9 meeting about Contributionism.

Just a little background about O.N.E. First, there are no dues; if you attend two meetings, we consider that you are interested and you are a "member". That allows you access to our online forum. It also allows you to host a work party at your home where, as a group, we come and help you with a

project, usually yard work, for four hours. These are my favorite get-togethers! As a non-profit organization, we accept donations and we usually have a 50/50 drawing so we can raise funds to help pay for our meeting place. Coffee and tea are served, and usually folks bring cookies, etc to share. Quarterly, there is also a potluck. The next one will be in March 2018. Often members exchange extra produce from their gardens or bring in items which they would like to sell (eg. honey, sorghum) give away or exchange. Postings on our barter board can help you get rid of, or find, just what you are looking for.

For the past four years we have hosted a wide variety of speakers at an annual congress where local craftspeople, gardeners and others have sold their goods. This free event also includes a potluck. In the planning stages is also a Fall 2018 Sorghum Festival. Sorghum production has been a focus of our group since 2014. This year we expect to get the



Lutie students involved in this endeavor, since sorghum has been raised here historically as an alternative sweetener. O.N.E. has a Home Funeral group which is prepared to offer a low-cost, personal alternative, for that eventuality. We are open to other creative ways to help one another in the Ozarks, so feel free to attend a meetin, or an event and get to know some really swell folks. We meet monthly (usually the first Friday of each month) and our next meeting will take place at 6 pm, Friday, February 9, 2018 at the Theodosia United Methodist Church across from the Lutie School on Highway 160 in Theodosia, MO. All are welcome. Doors open at 5:30pm. Questions? Call [417-679-0446](tel:417-679-0446), or visit us on Facebook.



FEBRUARY

When cherry buds are growing large
 And parsnips undermined,
 When aconites are springing up
 And rose-hips hard to find,
 When Rain and Snow share in the show
 And Cold is all around
 (A cold not dry, but icy wet,
 Pervading air and ground),
 When orchardists trap scoundrel moths
 And spring branch-fires are lit,
 When Winter holds on tightly where
 The low frostpockets sit,
 When daffodils push up green leaves
 As chill winds scour the land,
 And woodlands ring with chickadess--
 That's February, man!

Buy, Beg, Barter, or Borrow = CLASSIFIEDS =

Mountain Jewel is offering 5 organic tinctures grown and produced on our homestead for \$10 1 oz for locals: holy basil, goldenseal (sustainably cultivated), pine pollen (wildcrafted in NM), milky oat, and ashwagandha. Larger quantities available upon request. Email mountainjewelbotanicals@gmail.com.

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2 bred Alpine does
1 yearling Alpine x LaMancha
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SPLITTING!
Call Chrystalynn
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CASH OR BARTER

Egg Cartons - FREE! - 261-1104

Mary's Famous Herbal Tea Blend: Wildcrafted and organically grown. Contains the following Herbs: Mary's Special Herbal Tea Blend: Nettles, Holy Basil, Lemon Balm, Applemint, Spearmint, Lemon Mint Chocolate Mint, Sage, Rose Hips, Lavender Blossoms, Sage, Chamomile Lemon Grass, Lemon Verbena, Pineapple Sage, Linden Flowers*** (not grown but organic) \$5.50 bag. (3 cups) Email me at 7thdaymb@gmail.com

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New and used- deeps and mediums frames, inner covers tops and bottom boards
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Johnny Jump Ups!
Can deliver to Ava
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Herbal tinctures made with herbs from our land - \$10/1 oz. \$15/2 oz. Catnip, Chamomile, Cleavers, Echinacea, Goldenrod, Lemon Balm, Motherwort, Mugwort, Passion flower, Red Clover, Tulsi (Holy Basil), Yarrow. Regeneration Oil \$24/4 oz. This healing oil can be used for cuts, bruises, arthritis, eczema, rashes, and lots more! An excellent addition to any first aid kit. herbal smoking blends and herbal teas. All of our herbals are made from plants grown and harvested at Oran Mor Community. Contact Dez at greeneearthalive@gmail.com 417-250-9252 or rootsapothecary.etsy.com

Kombucha
SCOBYs
\$7
417-250-9252

Word Search

Time to plan the veggie garden! Plants with similarities are put into groups called families. Brush up on your knowledge of common vegetable families with this word search. Circle each hidden word in the color assigned to each group, and you will definitely be more "familiar" with these families.

H L I I Z L V I S J B K T F S Z P I P S
 L E Q E B J F N Y M X C H N D G M E Z U
 U W C J U Z K I K F W L T R Z U O N P W
 B O L U H V A H N J P O P J S C T P X V
 M P D S T N L C A P I V A T S P A K E Z
 W I T Q Q T E U F U Y E A A F C T I D W
 J N M I S U E Z W M P R O Z A Q O P Q N
 T R Z C L H A L D P D O V D S W P L W V
 A U A A D O L S U K I L V O T L G V P V
 E T A R A R C P H I F R E N Y J F T C L
 H T G R R O S C K N B P K N I C R I C E
 W O H O T P J U O F I U E U N V H K N W
 W O T T I Q T D X R Z Q T P C E E A I G
 P Z P N C L N Q E N B E U V P Y F W R L
 J V A A H G E G G P L A N T M E U E J D
 H C R O O C A N T E L O U P E Q R G E E
 H L E N K F F G L W H J T U D E T S U J
 W W B I E P M O D H S I D A R X E Y Y F L
 R I M U C A K Q S K E E L Y D N E J F L
 V R U Q N R O C L Q O N I O N O B Q L V
 N A C X U S U N F L O W E R D L E V H W
 O I U D L L A Y C A B B A G E E D L T W
 C J C I J E A R Y X C Y E Y B M L N U O
 A I N V E Y K E H J D F T R M R G X R A
 O F L K B G U L B E A N S D Y E R T N N
 W T L R C H P E A S X A B L P T N G W T
 M N A A A W J C F R F X J B A A G R F Y
 M O G M F G R A S S P U V S L W A T G E
 P Z S X O L E K E W T B S I C N J L Y P
 W B R R I T A N U C W J C W H J Q U F K

Cole - Brassica
 Broccoli
 Cabbage
 Turnip
 Radish
 Mustard
 Kale

green

Squash - Cucurbitaceae
 Cucumber
 Zucchini
 Watermelon
 Canteloupe
 Pumpkin
 Squash

yellow

Onion - Allium
 Garlic
 Onion
 Leeks

pink

Nightshades - Solanaceae
 Tomato
 Potato
 Eggplant
 Peppers

red

Bean - Legumes
 Peas
 Beans
 Clover
 Alfalfa

gray

Lettuce - Compositae
 Artichoke
 Lettuce
 Sunflower

blue

Carrot - Apiaceae
 Parsley
 Celery
 Carrot
 Cilantro
 Fennel

orange

Goosefoot - Chenopodiaceae
 Beets
 Spinach
 Quinoa
 Chard

violet

Grass - Poaceae
 Corn
 Wheat
 Rice
 Grass

brown

Plants of the same family often have similar seed shapes, nutrient requirements, pest problems, first leaves, and can sometimes cross-pollinate. *Make observations and make note about them.*