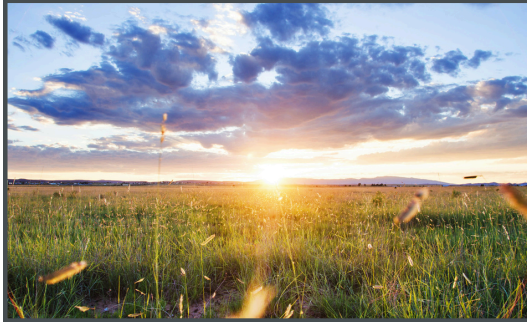


EAST MOUNTAIN SEED AND GARDEN CO-OP

“While the earth remains, seedtime and harvest, cold and heat, summer and winter, day and night, shall not cease.” **Genesis 8:22**



Moriarty, NM -Photo by [Jensine Odom](#)



Simple, Homemade Bug Spray

[Mother Earth News - by Janice Cox](#)

2 cups witch hazel

1-1/2 tsp lemongrass or citronella essential oil

1 Tbsp apple cider vinegar

Combine all ingredients and pour into a large spray bottle or several small. To use, shake slightly and spray.



IN THIS ISSUE

CHICKEN MANURE AS COMPOST - DOS AND DON'TS

LOCAL MARKETS & FARMS

UPCOMING MEETING

WONDER OF POLLINATION

FUTURE WORKSHOPS

FRIENDLY REMINDERS



Using Chicken Manure as Compost: The Dos and Don'ts

[Backyardchickens.com](#)

Chicken manure is a great fertilizer that provides nutrients to your plants and helps improve soil structure.

Dos:

- Compost or age before using. You'll need months!
- Use a thin layer and mix it in to your soil to improve it.
- Wear gloves and a mask to protect yourself from bacteria.
- Use in moderation and balance it with other fertilizers.

Dont's:

- Don't use fresh chicken manure - it can burn your plants!
- Don't apply directly to plant stems or leaves, or on plants that are in fruit/flowering stage.
- Don't use on nitrogen sensitive plants - like raspberries/strawberries.
- Don't use factory farm chicken manures.

Full article: [How to use chicken manure as fertilizer](#)

UPCOMING MEETING

July 21 @ 3pm-5pm

East Mountain Vineyard Church

(1 Eunice Ct, Edgewood)

On the Agenda:

- **Fall Garden Guidance**
- **Pest Control Round-Table Discussion**

LOCAL MARKETS AND FARMS

[Lantern Ridge Farm Market](#) Saturdays 10am-3pm

12540 N Hwy 14, Sandia Park

Shop for local growers and artisans

[Cedar Crest Farmers Market](#) Every Wednesday 3pm-6pm

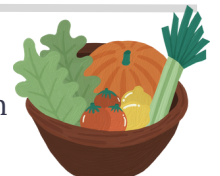
12183 N Hwy 14, Sandia Park

Come out and support local!

[Parkers Farm and Greenhouse](#) Saturday/Sunday 9am-4pm

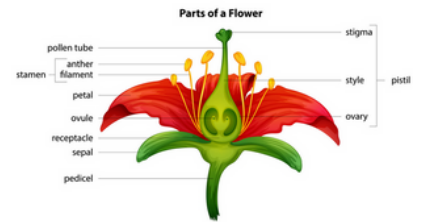
251 Church Street Edgewood

We grow and sell quality perennials, annuals, trees and shrubs



The Wonders of Pollination

Various sources compiled by Nicole Johnson



Parts of a flower. Image © bluermedia - stock.adobe.com

1. What is pollination?

Pollination is the act of transferring pollen grains from the male anther of a flower to the female stigma. The goal of every living organism, including plants, is to create offspring for the next generation. ([US Forest Service](#))

2. Why is pollination important?

Pollination is not just fascinating natural history. It is an essential ecological survival function. Without pollinators, the human race and all of earth's terrestrial ecosystems would not survive. Of the 1,400 crop plants grown around the world, i.e., those that produce all of our food and plant-based industrial products, almost 80% require pollination by animals. ([US Forest Service](#))

3. Bees and Different pollinators

Bees are particularly suited to pollination because of their hairy bodies. Most female bees have special arrangements of hairs on their bodies used to store pollen. These hair structures, called scopa, might be found on the rear legs, abdomen or thorax. Butterflies and Moths- Because butterfly bodies are also very hairy, they pick up a considerable amount of pollen on their faces and bodies while drinking flower nectar, moving it from flower to flower as they feed. Other less known pollinators: Syrphid and tachinid flies ([Oregon State](#))



4. Attracting and supporting pollinators

Create a succession of bloom. Provide food for the whole life cycle. Plant native species. Create nesting places. Provide a water source. Plant milkweed. ([Mother Earth News](#))

5. Beware of pest control that hurts pollinators

Some key points about pollinator biology are good to remember if you have to use a pesticide, even if you are only treating one or two trees, shrubs or perennials. First, most bees and other pollinators forage during the day, so if you can spray at night or in the early morning, you can reduce the risk of accidentally spraying them. Second, pollinators are attracted to flowers. Anything that has flowers or is about to flower is a higher risk than a plant that is past bloom. If you can remove the flowers...you can significantly reduce risk to bees and other pollinators. ([Michigan State University](#))



JULY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4 4th of July	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 Community Dumpster Day
21 Full Moon	22	23	24	25	26	27
28	29	30	31	1	2	3

Pest Control Round-table @ the July 21 Meeting

Do you have a method that works? Something that you tried but struggled with? A particular pest that you can't seem to beat? Bring your topics to the round-table chat!

FUTURE WORKSHOPS

- Fall Gardening/Pest Control
- Food Preservation/ DC Gardening
- Microgreens and Member Potluck



Interested in learning more about processing poultry? Let Chad know at the Summer meeting, or send an email to: eastmountainseed@gmail.com

REMINDERS

- 07/21/2024 - EMSGC Summer Meeting
- 09/22/2024 - EMSGC Fall Meeting
- 11/10/2024 - EMSGC Winter Meeting

Living a More Natural Life

By Sheryl



Hello all. This month I thought I would go over some basics on how to use herbal and essential oil remedies.

We'll start with **herbs**. There are many ways you can utilize herbs to deliver the benefits that could help with illness, pain, life challenges, etc. One of the simplest ways is to make a tea. You'll need a "tea ball" for the loose dried herbs, boiling water, a cup and maybe some honey to make the tea more palatable. Manuka honey that comes from New Zealand is the best but it can be rather expensive, so any local quality honey would be fine.

Just boil your water (hopefully it is filtered for purity), pour over the tea ball with the herbs inside, cover with a saucer or whatever you'd like and let steep for 10 minutes. Enjoy.

Decoctions are made using a similar method as tea but these are often used as a wash, such as over irritated skin.

A **poultice** typically involves taking the fresh leaves from the flowers of an herb, mashing them to a pulp, and then applying that pulp to the area you want to treat. A clean towel to cover the poultice is helpful to keep it in place. These are often used for treating insect bites, wounds, and scrapes. I know of one woman who used a poultice on a very serious snake bite and healed!

Salves are usually made with beeswax that is slowly melted over low heat with a combination of the liquid from herbs that have been decocted, essential oils, and other ingredients for your particular need. These are rubbed on the surface of the skin as with any lotion,

Tinctures are made with 80% alcohol, apple cider vinegar or in some cases water with glycerin. Once made, they usually sit for 4 to 6 weeks to allow the constituents of the herbs to infuse into the liquid. Though they are not something you can make up quickly for whatever your issue is, they do last a long time on the shelf (with the alcohol).

Essential oils can often be placed under the tongue or in a glass of water or other liquid. They can also be used with a "carrier oil" such as fractionated coconut oil, or high quality olive oil. This is then rubbed on the area of concern. Using a roller ball bottle is often the best way to deliver the mixture to the area. You can also fill capsules to ingest.

This is just a quick tutorial of the ways to use herbs and oils. In upcoming articles I will be giving more details on making up some of these!

Happy and Joyful living,
Sheryl

