

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](#)

[Fire Cider \(Mother Earth News\)](#)

Traditional recipe known for strengthening the immune system

- | | |
|---|---|
| <p>1/2 c. grated fresh horseradish
1/2 c. chopped onion
1/4 c. chopped garlic
1/4 c. grated fresh ginger
Cayenne pepper-dried/fresh
Apple cider vinegar(ACV)
Honey - to taste</p> | <ol style="list-style-type: none"> 1. In a half gallon jar, mix all but honey. Cover with vinegar 3-4 inches. Seal and set in warm place. Shake daily. 2. After 3-4 weeks, strain and keep liquid. Add warmed honey to taste. 3. Bottle, label, enjoy! Keep in fridge. |
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Advice from Anita: Allow it to sit for several months. Keep adding ACV as you use it. Fresh, chopped turmeric is a good addition. 1 Tb per day for prevention, 2-3 Tb per day for treatment.

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UPCOMING MEETING

Sunday, November 10 @ 5pm-7pm

**East Mountain Vineyard Church
(1 Eunice Ct, Edgewood)**

On the Agenda:

- Microgreens
- Harvest Potluck!!!



Cover Crops - Winter Garden Helper

Almanac.com

A cover crop is ready-to-sow seeds of fast growing - plants-often legumes or grasses-planted in late summer or fall into empty or fallow garden beds. Over the winter, these crops do the hard work!

- **Examples of cover crops.** Winter rye, hairy vetch, red clover, oats, buckwheat, forage rye, field beans, forage pea.
- **Benefits.** Stop erosion, add valuable organic matter, increase earthworm and micro-organism activity, decrease compaction and improve water and root penetration of the soil.
- **How to.** Roughly dig the ground over, broadcast your seeds, rake them in to the soil, water them in, cover with straw. Easy!
- **Digging in the cover crop.** At least a month before sowing or planting, cut crops and leave on the surface as mulch OR Dig the stems and foliage in to the soil.

[Full Article](#)

End of 2024 Potluck - share your harvest!

Let's celebrate this year's bounty with a potluck and the final meeting of 2024!

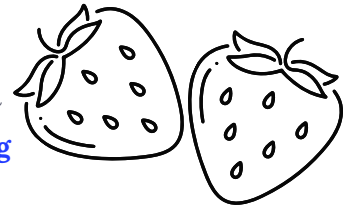


- Bring a favorite dish (and serving utensil) to share!
- Bring your recipe for our Coop cookbook- don't forget to mark anything that you grew yourself.
- RSVP so we all know how many people to prepare for
- Outlets for crockpots and plates/utensils will be provided.

[Please RSVP here](#)

Putting your Garden to Bed - Winterize Strawberries and Winter Tree Watering Tips

Better Homes and Gardens and Arbor Day Blog - Summary by Nicole Johnson



[How to Winterize Strawberry Plants so They Come Back Stronger in the Spring](#)

1. Why?

Soil freezes and thaws repeatedly, which can damage plant roots.

2. When?

Best time to winterize is in November or early December, when temps are in the 20s and the top 1 inch of soil is frozen. You'll know it's time when the leaves are floppy and brown.

3. How?

Renovate: Clean up your strawberries. Fertilize: Using a slow-release, balanced granular fertilizer. Mulch: Use hay, pine needles, or weed-free straw. Loosely mound covering your plants with 3-5 inches of mulch materials.

[Winter Tree Watering Tips](#)



1. Why?

Trees may be dormant during the winter, but they are not immune to cold, dry conditions. Dry roots during winter and long, dry periods without supplemental water can further damage root systems and kill trees.

2. When?

After the ground freezes, water trees once or twice a month when there isn't snow cover or precipitation. If the area is particularly windy, you might need to water more.

3. How?

Only water when it is warmer than 40 degrees F, and if there is no ice or snow around the tree. Water early in the day and water deeply.

What else?

Mulch: Add a layer of mulch around the base (away from the trunk) - this acts as a blanket!



November 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10 	11 	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 <i>Thanksgiving</i>	29	30 

Shop Local for your Christmas gifts, decor and food!

[Church Street Market](#) - open Fri/Sat 9am-5pm ; Sun 10am-5pm
 12/7-Holiday Craft Fair @ St. Elizabeth Ann Seton (9am-2pm)
 12/14-Holiday Market @ Estancia Valley Classical Academy
 12/7 & 12/14-Crafters Markets @ Lantern Ridge Farm Market

WORKSHOPS & EVENTS

LOCAL EVENT:

Emergency Preparedness & Evacuation Workshop

Saturday, November 9 (9am-Noon)

Torreon Community Center

Call 505-297-9981 or email sodell@tcnm.us

REMINDERS

11/10/2024 - EMSGC Potluck @ 5pm!

11/11/2024 - Veterans Day

11/28/2024 - Thanksgiving

11/30/2024 - Small Business Saturday

12/07/2024 - Fair @ St. Elizabeth Ann Seton Market @ Lantern Ridge

12/14/2024 - Market @ Lantern Ridge

Market @ Estancia Valley Classical Academy