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Herbs and Your Health

Ben Charles Harris

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THE GREEN

FOR HOMESTEADERS, ON-TO-THE-LANDERS,
AND DO-IT-YOURSELFERS



REVOLUTION

SCHOOL OF LIVING, BROOKVILLE, OHIO 45309
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What Does Homesteading Mean For Us?—

How Much Cash Do We Need To Homestead? Let's Have Reports.

By Carl Ogren
Rt. 3, Paw Paw, Mich.

Part III

I have just got *Five Acres and Independence*, by M. G. Kains, out of our public library. The title of this book expresses a grand theme. It evokes an earthy good picture of a clean little place in the country with lots of room, plenty of privacy and fresh air, and a table bustin' full of wholesome, nourishing vittles 365 days a year. And Mother Nature's quiet hum at eventide, loved ones nearby, and real friends to enjoy life's occasional pain and many pleasures with.

Of course, this has gone way out of style in modern America, but an honest count would show that much of this is still enjoyed by many of us—even today. It gets no coverage in the headlines, and practically none on even the back page, which display the fruits of "Twentieth Century Progress." But throughout the coming of "Progress," a few have stubbornly clung to country living in something like the old style, and in the last couple of decades a few more have found their way back to it. These newcomers, of course, have made some changes, and rightly so.

A Real Alternative

What might be the social significance of this? Does simple, country living have relevance in today's America? To young people with families, in particular? I could talk about hot summer in the cities, riven with violence and tension. I could talk about frustration, and the violations of selfhood which drive young and old alike to drugs, drink, tranquilizers and other destructive (though fruitless) efforts at escape.

But let's talk about real escape. Let's follow a strictly fictional couple (we'll call them Ted and Mary) as they take their simple, essential steps to Modern Homesteading. I call it "Modern Homesteading" because it combines the best and most worthwhile of modern developments, together with the understanding necessary to make a workable, lasting way of life out of this synthesis.

Ted and Mary had already established a home in the city (or suburbs). They sell out and move, and at the same cost (or less), they establish a home on five acres of suitable land outside the city, but within commuting distance of a city job. In order to achieve independence on their five acres they must first learn to eat from it. This means a com-

Members Increase Purchase Fund

Delayed but grateful acknowledgment is made of the following contributions to the Heathcote Purchase Fund (June to Oct. 15, 1967): William Newcomb \$15, M. Smith \$10, C. McQueary \$5, Rod Anderson \$6, P. Heffley \$10, H. Everitt \$10, R. Camire \$5, J. Holovacz \$5, R. Buehl \$50, M. Harris \$5, M. Waldek \$20, S. Norris \$5, R. Aggott \$10, G. Dennis \$5, F. Moulton \$5, M. Giles \$15, D. Steigman \$5, E. Eisman \$5. Total \$196. There is \$6,000 still to go to complete purchase and to pay off loans made for purchase. Present residents of Heathcote are planning and working toward making it a self-sustaining project.

plete, nourishing, satisfying, and full year-round diet. ENTIRELY OFF THEIR FIVE ACRES. As soon as they are eating entirely from their own homestead, and have it paid for, they are ready for the next step.

Minimum Cash Needs

And this is to figure up their unavoidable annual cash needs. If they have made the grade on self-sufficiency in food, they will by this time have learned to live simply and close to Nature in the other important respects as well, and their annual cash needs will be but a small fraction of what they "just couldn't get by without" during their life in the Rat Race. They are then ready to leave the fulltime treadmill of the city job, for what ever method they have chosen to meet the modest cash needs of their homesteading life.

Many other approaches are possible, some involving much less money, or time, to arrive at the status of fulltime homesteading. But I have chosen the above as something concrete to talk about, which is within the practical possibilities open to an average city family, and which does not require them to burn their bridges behind them or change too far or too fast into a life full of advantages but unfamiliar to them. If Modern Homesteading is to develop into a movement with real social significance in America, it must be made practical to any "average" family which really wants "out" of the Rat Race.

Annual Food Costs

I wonder how low School of Living homesteaders have been able to reduce their annual food costs. Some published figures we've had are those of Ferdi and Rebecca Knoess: (perhaps) \$250 a year (*Green Revolution* for January, 1967). It would be very helpful if the real homesteaders among our readers would send in their best estimates, or actual figures, on (particularly) food costs, for the enlightenment of prospective (or would-be) homesteaders. For that matter, information on the whole year's family budget (under homesteading conditions) would be very useful. This would give people some guidelines to plan by. Please state whether you do, or do not, wish your name used with the information you send in.

Many there are who would gladly leave the Rat Race, but they have to be shown that homesteading works. Together, let's try to get out some facts that people can chew on; let's help them to the kind of knowledge that can really set people free, under present-day conditions.

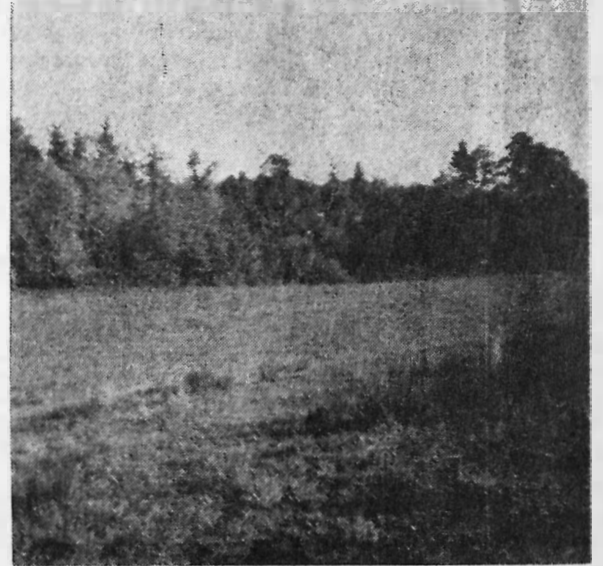
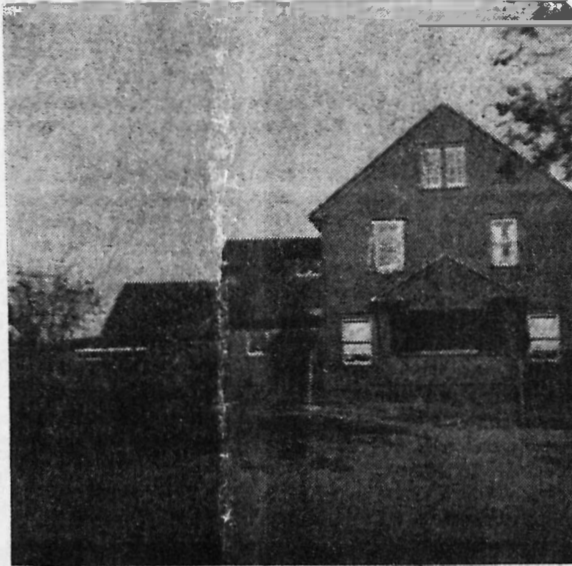
(Next month, Part IV: Heating and Cooking by a Homemade Stone Stove.)

Herbs and Your Health

By Ben Charles Harris

To the members of my herb-study classes, I try to show the relationship between everyday habits and healthful living and herbs. Of course the members are expected to stay as close as possible to a vegetarian-like diet, to exercise via calisthenics or vigorous walking or bicycling, and especially to drink herb teas morning and evening. And each meeting will find one member, once afflicted with coronary (continued on page 4)

On Uphill Homestead— You Buy Much Less; Create More; Depend On Yourself, Not A Store



TWO VIEWS of Uphill Homestead, Newberg, Ore. On left, porch is to become a library; on right, pasture, creek and woods.

By Nina Johnson
Rt. 1, Box 249
Newberg, Ore.

For a long time I've divided my life between teaching and homesteading. This year I did not sign my teaching contract and we are severing other cords with "civilization" with no regrets. My mind is freed of summer hurry and scurry to get all things done before September.

Flourishing Homestead

Our half-acre organic garden is in fine shape; rains have come at the right intervals. The cows have done their part, and five growing calves frisk and enjoy the lush pasture by the creek. Mr. Beaver has started a second dam (we stocked the first big pond with bass and it's beautiful down there).

I'm doing some clothes (alterations for "affluent" members of our culture). I put School of Living philosophy into the seams as I sew. And I'm refinishing furniture. (A wonderful varnish-paint remover is Zip-Strip, from Star Bronze Co., Alliance, Ohio. I've used my own lye solution for this, but it is not as successful as Zip-Strip, at \$1.89 a quart.) I want to refinish and recane my grandmother's six Lincoln vintage chairs. I have a file on this craft, and this winter I'll file a

Report on A Way Out

School of Living's bi-monthly *A Way Out* is still on deck, although badly delayed by shifts in printers as each of four editors took over production and processing of an issue—duties from which Mildred Loomis resigned in December, 1966. A double issue (May-June, July-August), edited by Herbert Roseman, was due in July, and is promised soon. Len Krimerman of University of Louisiana, and his students, will edit the September/October issue.

After that, *A Way Out* subscribers will be serviced by *Modern Utopian*, with which members at the annual meeting in August voted to collaborate. The editor is Richard Fairfield. He reports action of intentional communities and social reform groups, and welcomes School of Living emphasis and editors to join him in future issues. This trial collaboration will extend through 1968, and insure regular production on alternate months.

huge assortment of information saved over the years.

Barter and Trade

I'm interested in bartering for needs; will exchange organically grown walnuts for hard winter wheat (for cereal and bread). I like Miles Robert's idea of seed exchange; I have plenty of Red Globe onion seed, and elephant garlic bulbs (some weigh 1 lb.), which should be planted this fall.

School of Living Interests

Soon we will start work on our unused porch, converting it into a library. I'm planning to conduct a School of Living loan library (please send ideas, suggestions and bibliographies). I've had a fundamental library course (but I need some help on getting started). I want to serve the West of the Rockies School of Living members in reading and enjoying

Go Ahead and Live! For Christmas

If any teenager or young person you know hasn't read Ron and Laura's adventure in reshaping their lives and getting on the land, now is the time to make sure they get a copy of *Go Ahead and Live!* Many have found this book readable, interesting, inspiring—an ideal gift for Christmas. Twenty-three chapters report what the young couple did in getting along with each other, on health, food, sex, children and education. Five well-known homesteaders—the Loomises, Smarts, Burns, Treichlers and Kerns—present a wealth of practical experience as guides for getting and operating a homestead. There's help on buying property, on re-thinking public problems of land ownership and credit, as well as forming an intentional community and a School of Living.

Linda Clark rates our book a "real contribution to an improved civilization." Dr. J. Clark Moloney said it guided their young marrieds to and through natural childbirth. Edith Gosnell says, "We think *Go Ahead and Live!* should be in every high school library, so that young people can learn from it before getting caught in financial and other 'traps' that await them."

Give it to your children and grandchildren, your young relatives and friends, or to your school, college or city library.

Order early. Send \$4.15 to School of Living, Brookville, O.

our books.

I would like to visit School of Living members north of us, and see May Valley Community at Renton, near Seattle. Also, I hope I can get Louise Gosho to convert some of my materials into a braided rug for our new library.

And, I'd like to be of help, if I can, to mothers who want to teach their children at home. I could help them find source materials for primary and intermediate grades. Perhaps a correspondence course for home-teaching mothers could be part of my library service.

We've been "homesteaders" for 33 years, and keep learning new ways and means. We welcome School of Living members to stop by for comfrey tea when in our area. We are so glad Heathcote Center is developing and look forward to seeing a School of Living branch on the West Coast some day.

Gleanings on Decentralization

Robert Carson, chairman of Brooklyn CORE, announced a plan in the summer of 1967 to resettle 5,000 ghetto residents on the land by 1968, location undisclosed but approximate cost, \$500,000. This is patterned after Israel's back-to-the land movement.

In September *Ramparts* (75c, 301 Broadway, San Francisco), Paul Goodman satirized on 1984. Instead of Orwell's fascist 1984, Goodman recounts (imaginatively) what happens each year to produce a decentralist 1984. He included: As in a dream, an economist remembered Borsodi's *Prosperity and Security*, which he had read as a boy. . . . A finite number of years later, after several million people had already emigrated to the land, Lurleen Wallace—Bobby had the usual Kennedy luck—signed the Land Grant and Rural Subsistence Act. Mildred Loomis, the grand lady of the green revolution, was named administrator; but since she was a kind of Henry George anarchist, her phone was bugged.

On Aug. 1 (at least 30 years too late) a government official asked in public, "Should we try to check the accelerating movement of people from country to the city?" Orville Freeman, Secretary of Agriculture, told the National League of Cities in Boston (continued on page 4)

North of the Mississippi—

Wild Rice Price Was \$2.25 For 4 oz. Box In An Ohio Supermarket On Oct. 21

By Ferdi & Rebecca Knoess
Pennington, Minn.

The harvesting of wild rice was completely new to me. I'd heard of it but hadn't any idea of how it was done. Since relocating to the lake country of northern Minnesota I'd listened to the talk about ricing and saw rice being brought in last summer.

Came this summer I had a pretty fair idea of how wild rice was gathered. During the first part of August people began to talk and prepare for the ricing season. In one of the bull sessions I was activated into buying a homemade, secondhand ricing boat.

The thing is almost 16 ft. long, a foot deep and 34 in. wide in the middle, tapering to the common wedge-shaped bow and stern. It has a flat bottom, unlike the canoe after which it is patterned. Since the art of home canoe making is largely lost and factory models are rather expensive, a great many ricers resort to a flat-bottomed rig simply made out of a few boards.

Ours has two long planks for sides and two jointed pieces of plywood for bottom. Two or three heavy coats of paint finishes the craft. When materials are at hand the entire building operation may be accomplished in an hour.

Two people are required to harvest wild rice. One manipulates a long pole (mine was 16 ft.) to propel the boat in a rice bed. The second person handles two sticks, called knockers (about 2 ft. in length) to do the actual harvesting. The ricing partners are referred to as the poler and the knocker, depending on which duty they happen to perform. The poler stands aft and the knocker sits or kneels a few feet in front of him, facing fore.

The knockers, used as a "rake," reach out and bring a bunch of rice over the boat and then employ the other stick to sharply stroke the grain heads to loosen the rice into the boat.

The wild rice is allowed to collect in the bottom of the boat and is finally put into sacks and taken to a rice buyer. It can be home processed as well. Ricing is done in a two- to four-hour period during the day. A longer period may rob local and migrating waterfowl of feed.

A rice bed may occupy an acre or perhaps a hundred or more. Wild rice prefers clean water with a slight current. It doesn't grow in stagnant lakes or pools. Too much fluctuation of the water level may kill the plants. A rich muck bottom is ideal.

Since wild rice is not polished, it is far superior to common rice. It is used to stuff wildfowl, as a dessert, mill flour, or breakfast porridge. Besides, it is not commercially grown and therefore not subject to the chemical bloat of the common grains.

The question of money is before us at various intervals, depending on our needs, desires and goals. Even those homesteaders who are getting along well on a few hundred dollars a year must secure funds by means available in their vicinity. In our case the opportunity to take in an amount of cash has expanded.

We observe people in our area and then choose the least objectionable means to a money income. We do not believe that a cash economy best serves our needs and so do with as little cash as possible. We home produce and barter frequently to free ourselves of employee status. We prefer money opportunities that bind us little and temporarily to the decisions of others. Methods that produce a relatively large amount in a short time have priority. Wild rice harvesting is one of those means. I'll be out again next year.

New Reading

Reviewed By
Milton Wend
Edgartown, Mass.

In treating the exterior surfaces of buildings that have not been previously painted, penetrating stains are much better, cheaper, and more easily applied than paints. The latter decorate but in almost all cases do not preserve. Send stamped and self-addressed envelopes for the following two excellent free pamphlets:

Publication FPL-046, U. S. Department of Agriculture (send to Forest Products Laboratory, Madison, Wisc. 53700).

Penetrating Stain for Rough and Weathered Wood (College of Agriculture, University of Wisconsin, 1450 Linden Drive, Madison, Wisc. 53706).

Ill Fares the Land, Dan. P. Van Gorder, 1966, \$1 plus ten cents mailing charge, obtainable from Heathcote Center, Freeland, Md. 21053.

With the subtitle of "The Famine Planned for America," this well written, hard-hitting book attacks the illusion of U. S. farm surpluses that we have been presented with for several decades. The author shows with detailed statistics that we are not producing any real surplus when what we export and import in foods

are considered. The shortages and rationing of war time helped to demonstrate this fact.

Mr. Van Gorder attributes this attitude on the part of the Dept. of Agriculture to a communist infiltration that took place in the 1930's and offers many proofs to sustain his approach. Whether one can agree with his thesis or not, the book is well worth reading.

Particularly thrilling is the account of what the community of Colquitt County in south Georgia did to lift itself out of a depression. Farmers and County Agent planned and carried through diversified (rather than one-crop) farming; bankers furnished loans and business men provided markets; all this in a cooperative and well-planned effort. Set up for units of 30 acres, production increased from \$10-million to \$184-million in a few years.

A recently published and highly interesting book, **Famine 1975, America's Decision, Who Will Survive?**, by William and Paul Paddock, bears out Dan P. Van Gorder's thesis regarding lack of surpluses.

Gleanings, cont'd

ton that 70% of our people live on 1% of the land — a tragic waste of lives and land. In December six cabinet members will sponsor a symposium on "Communities of Tomorrow — How Urban? How Rural?" U. S. has 3,628,150 square miles, and in the year 2000 will have some 300,000,000 people. Half a million people continue to leave rural areas for the cities each year, resulting in "human isolation in the midst of almost incredible human congestion," said Freeman.

Sounds like Borsodi in 1928 and ever since, particularly on pages 260-271 of *Education and Living* (1948). We sent a copy to Sec. Freeman.

The July *Organic Gardening* had an illustrated article about the Howard Dull family, Arcanum, Ohio, who changed to *Organic Farming in 1957*. They have now produced 70 bushels of wheat to the acre, considerably more than neighboring farmers get by heavy and expensive applications of commercial fertilizers.

An Accident: Grapple Sauce

By Jane Preston
Butler, Pa.

Some of our best food combinations have been accidental, and good recipes originate from using "what we have." Those of us who have our own gardens, and do not patronize the outlets for foods raised with agricultural poisons, are thrown upon our own resources and must make use of what we have available, as did our pioneer grandmothers. But we usually come up with some interesting inventions to pass along to our more conventional friends.

In the fall, I have grapes and apples in plenty. When making applesauce last fall, I wondered how it would taste if I added a handful of grapes. I cooked them together and then put the mixture through a Foley food mill. After reheating, I put it in jars and sealed them. Tasting the combination, I found it good, and in the next batch I added a few more grapes. This was even better. Each time, more grapes went into the kettle until the end product was a deep red-purple color. No sugar was needed as the grapes supplied sufficient sweetening.

Perhaps many others have discovered this delicious combination of fall fruits, but I have asked over 30 active gardeners and housewives and none had heard of it. So I venture to pass it along, with the hope that others will enjoy it as much as we have.

[At Lane's End we combine pears and apples, and call it Papple Sauce or Pearple Sauce, depending on whether apples or pears predominate.]

Cooperative Economy Proposed

For some years Huw Williams has been a leader in a cooperative group establishing "Tolstoy," an intentional community on a farm near Davenport, Wash. He wants it to become a community of homesteads with an emphasis on education and cooperative industry. He writes:

"It appears to me that there are many young families who would like to live in such communities. They would like to live in the country, have a garden, live near like-minded people, help educate their children in radical schools, etc. But they are unable to break with the system because of financial reasons. They seem to need to stay in a city, and hold down a job in order to make a living.

"Therefore we need to have our own cooperative economy which would allow families to earn money or trade for goods while living in rural communities. The chief obstacle to this is a chronic lack of a way to market or trade locally produced products.

"What is needed, in my opinion, is a catalog of co-op farm and industry products that has a large selection and a large national circulation. For contributors we have intentional communities all over the country, PPC co-ops in Mississippi, and possibly some Indian tribes. Tolstoy Farm could advertise half a dozen handicraft items, and some organic foods next year. Fifty or a hundred such groups could put together an impressive catalog. Each contributor could also send information about the people, the place and the organization where the items are produced. I would suggest the printing costs be paid by the contributors from the sales.

I believe there are many persons who would buy from such a catalogue, as evidenced by Koinonia's success with pecans. It should also promote trade between the co-ops. If so, it will give many more people a chance to drop out of the rat race.

"I have written to School of Living because Heathcote is a potential member and because you have a photo-offset press, which is essential. Conceivably the printing of the catalogue would provide some income for people at Heathcote. I urge you to take the matter under serious consideration; let me know what you think." — Huw Williams Tolstoy Farm, Davenport, Wash.

Borsodi's Books For Christmas Gifts

A really sad moment comes when we must tell a person who orders Ralph Borsodi's *This Ugly Civilization* or *Flight From The City* that these books have long been out of print. This may soon have to be said for his two-volume *Education and Living*. Only a small supply is on hand — and we urge every School of Living family to make sure they have a copy on their shelves. Both volumes can still be obtained for \$3.50.

Other Borsodi books still available include: *Challenge of Asia* (1956), \$3.00; *Education of the Whole Man* (1963), \$6.00; *Definition of Definition* (1967), paper, \$2.00.

(*Property and Trusterty and Introduction to Major Problems of Living* are in the hands of publishers.)

Send orders to School of Living, Brookville, Ohio 45309.

Heathcote Notes

By Edith Gosnell
Coordinator

Life at Heathcote during September has been changing, busy and really fascinating and rewarding. Marilyn Dorsey (with us during the summer) started college, but has decided to return, and become a permanent member of our family. Michael Howden is busy winterizing the carriage house, besides teaching his classes at Johns Hopkins Uni-

versity. The Standish family from Washington, D. C., have been here several weekends, and Jim Standish has resigned his job (they want to fix up the chicken house and be part of the community, preparatory to a later move to Canada).

Evan Lefever has moved from the Anackers to the Center, to be part of the community also. And Dave Wayfield, Betty and Susan are in the trailer. We had our first community meeting last Sunday and hope to buy food and other necessities together. My Jim has started work in Baltimore, and now that Betty, Jim, Michael, Evan and Bill Anacker all work in Baltimore, we should be able to organize a car pool from here.

Two other families, Marilyn, Michael and possibly Evan will join us for a trek to New England this weekend to visit David and Carol Hatch in Vermont. With more people around we will get more done, and things will be running smoothly in short order.

Herbs, cont'd

thrombosis, telling how Yellow (Sweet) Clover helped to remedy that situation; another identifying a "cure" of boils with Burdock root; others praising Elder flowers for lowering high blood pressure or a mixture of Mint or Fennel and Catnip for stomach disorders. (For further information re the uses of such herbs, one may read my book, *Kitchen Medicines*.)*

In recent years, there's been much ado about hardening of the arteries. The warnings of the health-minded Jeremiahs must be heeded: eat none or very little of man-made foods or highly cholesterolized foods or else — arteriosclerosis.

True, herbs help remedy that dread disease, yet one may best keep the arteries unclogged by eating much of fresh, uncooked vegetables and fruits (in fact, four times as much as the protein intake). Two "wonder" substances that help to prevent hardening of the arteries are the inositol and choline found abundantly in green-leaved foods of uncooked Spinach and Beet greens, et al., and Dandelion.

Exactly! That Dandy Lion of all herbs. But I hope you're not the typical flower-gardener who hates the very mention of this and other uninvited guests such as Burdock, Chickweed, Yellow Dock, etc. Generally their leaves are included in our evening salads or steamed vegetable plate. (They're never boiled.) Please note that Dandy's leaves boast of six times as much Vitamin A as Lettuce, twice as much calcium, phosphorus and iron, and is quite rich in Vitamin C and the B complex factors. The late summer leaves of Dandelion not only enter into herb teas but with the flower stalks make an herb beer (wine) which, in turn, yields a strong herb vinegar.

Its therapeutic properties are well known: bitter tonic and stomachic, diuretic and aperient. The roots and late leaves are much used for gall bladder, kidney and liver complaints.

Also, a remedy for boils, skin and blood disorders: boil a tablespoonful of the dried, ground roots of Dandelion, Burdock and Yellow Dock in a quart of water for one-half hour, allow to cool and strain, and drink one-half cupful three or four times a day (and very little to eat).

Thus, for all organic problems, remember the derivation of this herb's generic name of Taraxacum: Taraxos — disorder — and Akos — remedy.

To all organic gardeners: to prepare a soil fertilizer, strew finely ground, dried leaves of Dandelion, Yellow Dock, Burdock, Lambsquarters, and Nettles over the beds at all times. In the late fall, blanket with leaves of trees and flat stones.

[Mr. Harris will answer your questions regarding herbs. Send self-addressed, stamped envelope in care of Natura Publications at address below.]

*\$3 from Natura Publications. 237 May St., Worcester, Mass.

School of Living Christmas Order Blank

Date _____

School of Living
Brookville, Ohio 45309

Please fill the following order:

- _____ \$3.00 *The Green Revolution for 1 year*. (Attach names and addresses for gift subscriptions on a separate sheet; 2 gift subscriptions for \$5.00.)
- _____ \$4.00 *A Way Out* collaborating with *Modern Utopia*, bimonthly.
- _____ \$4.15 *Go Ahead and Live!* 200 page book.
- _____ \$8.50 for all three of above — save \$2.65.
- _____ \$3.50 *Education and Living*, Borsodi. 2 volumes.
- _____ \$3.00 *Challenge of Asia*, Borsodi.
- _____ \$6.00 *Education of the Whole Man*, Borsodi.
- _____ \$2.00 *Definition of Definition*, Borsodi.
- _____ \$4.95 *Let's Get Well*, Adelle Davis.
- _____ \$4.00 *Normal Neurosis*, S. & G. Putney.

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