

# 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](#)

## Seed & Plant Swap

May 3rd @ Estancia Public Library  
12pm - 4pm

Free seeds!  
Free plants!  
Free gardening advice!



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## 7 Simple Strategies to Improve Garden Soil

Snippets from Jill Winger - *The Prairie Homestead*  
Another great read from Jill Winger!

- **Compost.** Turn your kitchen and yard waste into a fantastic soil amendment with very little effort. Adds nutrients and organic matter to soil, and helps with water retention. You can buy it, however, [it's free to make your own](#).
- **Manure.** Fresh manure can be too hot for plants and may burn them, so it's best to use composted or aged manure.
- **Mulch.** Not only does mulch hold moisture in the soil, ...it will gradually add organic matter to your soil as well.
- **Cover Crops.** Can provide nutrients to the soil, improve drainage and aeration, smother weeds, and attract beneficial organisms...
- **Vermicompost.** Putting worms to work to improve garden soil!
- **Natural Amendments.** [Test your soil](#) to see what is lacking...
- **Raised Beds.** Puts you in control of what goes into your boxes.

Happy soil improving my friends!!

Read Jill's full article here: [The Prairie Homestead.com](http://ThePrairieHomestead.com)

## UPCOMING MEETING

Sunday, May 19 @ 3pm-5pm

Cogburn Ranch

86C Martin Lane, Moriarty

\*Start in the double car garage

On the Agenda:

- Garden Tour
- Rain Collection/Irrigation
- Food Preservation
- Ranch Animals

[Get more info and RSVP here...](#)

## [Ready, Set, GROW! Webinar Series](#)

FREE NMSU Cooperative Extension Service  
Webinar Series



3rd Wednesday of each month @ 3pm.

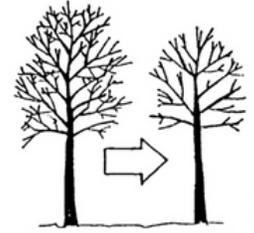
Previously-aired Webinars available!

- [Composting](#)
- [Seed Propagation, Transplanting & Storage](#)
- [Keep it Cool: Shading Your Veggies](#)
- [Addressing Troublesome Wildlife in Your Garden: Deer and Pocket Gophers](#)

## Tree Pruning Tips from the NMSU Extension Office

Nicole Johnson

A few years ago I attended an NMSU extension office pruning workshop which I found SO helpful and try to implement those teachings each year. Here are some key bits from an NMSU publication on pruning. YOUTUBE is a gem for info too!



### 1. Why should I prune?

Proper pruning creates more beautiful, healthy trees and can increase the life span and productivity of fruit and shade trees. Unpruned or poorly pruned trees can often be safety hazards that endanger people and property. Evergreen trees should be pruned late in the dormant season, shortly before new growth begins.

### 2. When do I prune?

You may prune deciduous trees in the dormant season once leaves have fallen in October or November, but January to March is preferred. Finish pruning in the spring, before color is evident in swelling leaf and flower buds. Evergreen trees should be pruned late in the dormant season, shortly before new growth begins.

### 3. What basic tools do I need?



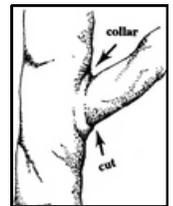
Hand shears for small twigs/branches.

Lopper shears for branches 1 1/2 inches or less in diameter

Pruning saw cuts large, woody, limbs 6 inches or less in diameter

### 4. Where do I cut?

The cut is the key to good pruning. As a rule, always cut back to a branch, twig, or bud that is pointed in the direction you want the tree to grow.



### 5. Never top a tree.



Topping is the indiscriminate shortening of limbs that causes a cluster of unruly, weakly attached branches to emerge near the cut. Topped trees have shortened life spans, pose safety hazards to people and property and require continuing intensive maintenance. Remember to cut where the tree's growth may be redirected into a branch, twig or a bud that is pointed in the desired direction of growth.

For the full article visit [NMSU Publications](https://www.nmsu.edu/publications)

Any cherry tree owners out there? [NMSU AG Science Center - Cherry Tree Pruning Part 1](https://www.nmsu.edu/ag-science-center/cherry-tree-pruning-part-1)

## APRIL 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 😄 April Fools Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 🌍 Earth Day	23 "Pink" Full Moon	24	25	26 🌳 Arbor Day	27
28	29	30	1	2	3	4

### Helpful links for your spring activities...

Check your planting zone: [USDA Plant Hardiness Zones](https://www.nrcs.usda.gov/wps/portal/nrcs/detail/nm/152/planting/hardiness-zones/)

WHEN to plant: [Almanac Planting Calendar by Zipcode](https://www.almanac.com/planting-calendar)

Plant AFTER/BEFORE: [Almanac 2024 Frost Dates](https://www.almanac.com/frost-dates)

## FUTURE WORKSHOPS

- Preserving your harvest
- Pest prevention



Have a great workshop idea?!  
 Tell us at a meeting or send an email to:

[eastmountainseed@gmail.com](mailto:eastmountainseed@gmail.com)

### REMINDERS

- 4/17/2024 - Ready, set GROW! @ 3pm
- 5/3/2024 - [Seed & Plant Swap \(EV Library\)](#)
- 5/15/2024 - Ready, set GROW! @ 3pm
- 5/19/2024 - Garden Tour!!!
- 5/21/2024 - Edgewood/Moriarty Last Frost
- 5/27/2024 - Memorial Day



## Herbs for better health

*Sheryl Lightle*

Hi, my name is Sheryl and I have been involved with the Coop for quite a few years. I hope to be doing a monthly article on natural ways to help with our health and lifestyles. Please understand that I am not a doctor, and these suggestions will be for your consideration to try to hopefully improve illnesses etc.

In 2019, before the pandemic, the coop went on a field trip to learn about herbs. This really peaked my interest in the topic of using herbs for better health. Then I had a friend who introduced me to essential oils, another way to improve our health.

In the early 2000's I was diagnosed with psoriatic arthritis. I was prescribed different medications with the hope of stopping the progression of joint damage. I was then prescribed Methotrexate. It would help for a while but then the dosage had to be increased until I was now at the maximum amount allowed, but still struggled with swollen and painful joints. It was then strongly suggested that I begin a biologic injection. This medication helped but I was now on full dosage of Methotrexate and the biologic. This led to other complications and I chose to stop using the biologic. Then my platelet count started to decrease. After many tests it was determined the I had Cirrhosis of the liver. I had no other lifestyle issues to cause this nor diseases. It was the medication.

After I stopped the biologic I decided to begin taking a combination of essential oils which I researched and prayed over. Within 4 days I was very surprised that my joint pain had lessened a lot. After a few months I decided to cut down on the medication. By the time I was diagnosed with cirrhosis I was down to only 1 pill per week, down from 10 and my bloodwork continued to show my inflammation was down. It has now been two years and I am still doing well with just the use of essential oils. (which baffles my doctor.).

In February of 2023 my husband was diagnosed with cancer. He decided to go with chemo and radiation. I again researched and prayed and began making up oil and herb capsules to help support him as he began his treatments. Going through these harsh chemicals and radiation he was relieved of many of the usual side effects such as hair loss, nausea, and mouth sores. We were both very grateful that God led me to the oils and herbs that would be helpful to him. He is now in remission, and we are thankful for Western Medicine as well.

I believe there are four ways to better health and life: Dependence on God to lead and accepting His will for us, Herbs & oils, lifestyle changes if needed and Western medicine. I hope that each month I can share with you things to give us all a better quality of life.

Blessings, Sheryl

