

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



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UPCOMING MEETING

Sunday, Sep. 21 @ 3pm-5pm

East Mountain Vineyard Church

1 Eunice Ct, Edgewood

On the Agenda:

- Food as Medicine - Talk and Discussion
- Tomato Saving - Hands On Workshop

Nubian Goats - Chad Cogburn

Goats are popular among homesteaders for their versatility as a source of meat, milk and fiber. A popular breed in the US is the Nubian -known for their distinctive long floppy ears, friendly disposition and sweet milk (4-5% butterfat-ideal for cheese and yogurt). This breed can tolerate a wide variety of climates, including our East Mountain extremes.

We started our herd in 2017, when I got a Nubian doeling from my brother's herd. We named her Dorothy (named after a goat my family had when I was a kid) and have never looked back. The herd now consists of 4 does, and yes, Dorothy is still our favorite! We use the milk primarily for drinking/cooking and it has been a wonderful! They do require some attentive care but overall are low maintenance animals.

A few aspects of raising them and managing common challenges:

- Nutrition and feeding: Diet should include good-quality hay, grazing pasture, free-choice minerals, fresh water, and supplemental grains for pregnant or lactating does.
- Breeding: To produce milk, does need to be bred every year, typically coming into heat between August & January. Before breeding, ensure the doe and buck are healthy and of appropriate age and size. Gestation lasts about 150 days and often results in twins/triplets. Kids can be weaned at about 6-8 weeks of age.
- Health and maintenance: Require deworming 1-2 times per year and their hooves should be trimmed every 4-8 weeks (depending on the terrain).
- Housing, fencing, and social needs: Nubians need secure, sturdy fencing to prevent escapes, dry and ventilated shelter, and companionship since they are social and intelligent animals that benefit from enrichment and gentle handling. They like to climb so include some structures suitable for jumping on.
- Noise: Be prepared for their vocal nature. They can be loud at times when they want food or attention (like when it's time to be milked!)

Raising Nubian goats is a fulfilling endeavor that brings together the joys of animal companionship, sustainable living, and home dairy production. By understanding their needs and characteristics, providing attentive care, and embracing their lively personalities, you can enjoy a rewarding experience with these remarkable goats. Whether you're dreaming of fresh milk, homemade cheese, or simply the cheerful presence of goats in your yard, Nubians are sure to bring warmth and delight to your homestead.



Food as Medicine - Michele Powers-Hardy

Certified Food as Medicine Coach
Certified Holistic Health Coach and Raw Food Educator
Certified Holistic Cancer Coach.

*Let food be thy medicine, and
medicine be thy food.*

-Hippocrates

I've been interested in the subject of Food as Medicine for a very long time. It mainly started because I have a son with autism. People on the autism spectrum tend to have a very bland diet, consisting of mostly "beige" foods that lack nutrients. That could include things like pancakes, chicken nuggets and fries, and pizza without any toppings aside from cheese. I started trying to figure out how to sneak things in to increase the nutritional value of his food. Sometimes it worked, sometimes it didn't. He also has a gene mutation that doesn't allow him to metabolize certain foods, additives and medications. I finally found some key elements missing in his diet, and changing those resulted in nothing short of miraculous results.

In 2016, I came across a food vendor at the Railyard Market making raw meals that were so colorful and full of flavor! I had always thought that raw food meant SALAD, but these were far from your bland, boring salads. I researched more about raw food cooking and found a school right here in New Mexico. I took three courses over a couple of years and earned several certifications. These courses changed my views on food forever, and helped me to bring my son's health to a whole new level. He went from eating only 3 to 4 beige foods to eating everything -especially things from the garden.



The woman who taught these courses had cancer of the uterus - with a tumor that grew to the size of a grapefruit. Her doctor told her she needed to have a complete hysterectomy. Her mother had died of cancer at the same age, after going through surgery, chemo and radiation. My teacher chose a different route, and is still around today-20 years later and cancer free.

I am passionate about this subject and want to share it with as many people as I can. I am very excited to start sharing again with our group. I have helped people in the past with food shopping, setting up their kitchen for this way of eating, and full blown programs for reversing chronic illnesses. I will eventually be doing some other public speaking gigs and cooking demos in my home or other venues.

I will have some samples to share at our meeting!

"Then God said, 'Behold, I give you every seed bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.'" Genesis 1:29

Let's Save Tomato Seeds!!



We will have time to do hands on and save seeds to plant next year - and for questions.

Please bring tomatoes. LOTS if you have them. Label by variety if you can, but bring mysteries too.

Also bring (if you can):

- A bowl for working in
- A container that seals and a way to label it. Your seeds will be wet!
- Spoon, knife, towel - it will be messy.

We will process seeds by variety, then mysteries. If we start with lots, everyone can go home with a "variety of varieties".

I'm looking forward to the fun! See you on the 21st - Barbara

FRIENDLY REMINDERS

Future Workshops

- Food preservation
- Harvest Potluck



Have a great workshop idea?!

Tell us at a meeting or send an email to:

eastmountainseed@gmail.com

REMINDERS

09/21/2025 - EMSGC Meeting

09/22/2025 - Fall Equinox

09/29/2025 - First Frost (Farmers Almanac)

10/13/2025 - Columbus Day

11/02/2025 - Daylight Savings Time Ends

Choose Cold-Season Plants

After a hoop house, the best kind of cold-weather insurance is genetic: Choose cultivars and species that will grow in winter. This is the season for root crops and leafy greens, so that means tomatoes, cucumbers, squash, and the like are all out of the question. Salad components are some of my most profitable crops anyway, so the fact that they also grow well in winter is a bonus.

In addition to the usual spinach and kale, we've had great success growing lettuce under cover, and we've discovered that lesser-known salad greens, such as mâche (also known as corn salad) and claytonia, with its small, delicate flowers, really spruce up salad when tomatoes and cucumbers aren't available.

At our spot in the Blue Ridge Mountains, temperatures drop to 10 degrees for extended periods of time. I've found only one **spinach** cultivar that grows in such cold conditions: 'Space.' This cultivar is relatively cheap, sweet when it's grown in the cold, a staple salad green, and a decent substitute for kale in recipes. You can direct-sow it in



the garden, and if you have a wheeled seeder, planting a bed or two of spinach only takes a few minutes.

I've had a moderate amount of luck growing **lettuces** as well; the red cultivars tend to fare better than the green. Don't be surprised if an individual plant dies suddenly. But if you lose a significant part of a crop, either it's the wrong cultivar for your conditions or your insulation was insufficient. The Salanova® pelleted seed mixes by Johnny's Seeds (www.JohnnySeeds.com) tend to be most successful for me. I blanket the plants with floating row covers every night, and make sure the sun can reach them once the hoop house warms up a bit.



Kale grows in any weather, it seems, and quite frankly, I haven't seen a hardier vegetable in my life. Back when we were stubbornly fighting the wind on our hill without any greenhouses at all, kale was often the only surviving vegetable when the low tunnels blew off the plants. I've noticed the demand for kale starting to wane as spinach and chard become more

acceptable—and more palatable—substitutes, but growing kale in the winter is still better than empty, frozen ground. I've had the most success with 'Darkibor,' 'Toscano,' and 'Blue Curled Scotch.'

Root crops are the other staple product of a winter farm. Beets, onions, and carrots are obvious choices, and they'll all thrive in cold weather, especially if grown under the protection of a hoop house. The best time to plant these crops is generally in late fall, so the warmer temperatures can jump-start the seedlings, but you can usually plant them whenever you need to.

If you plant all the root crops you'll need for the entire winter during the fall, you can use the cold ground to store the crops for you, rather than filling a root cellar with them. Beets and carrots work best under cover. Try 'Red Ace' for red beets, and 'Touchstone Gold' for yellow. This is also a great time of year to sow beets heavily for harvest as salad greens, and 'Bull's Blood' is an excellent cultivar for greens. Carrots can be a bit more finicky with cold weather, so we plant 'Napoli,' a somewhat small but delicious carrot that's reasonably cold-hardy.

Radishes are the final tasty root I'll mention here, and we've had success with every variety we've tried, so I'm led to believe that pretty



much anything will work. Go crazy with them. They're cheap and quick to grow.

Leeks can also be grown in winter, but they require a particular cultivation method. We constantly hill our leeks as they grow. The extra dirt helps protect the plant and keep it warm, and we get about a foot of blanched plant by harvest time.

