

HIGH FALLS GARDENS E-LETTER, WINTER '06

Dear Friend of High Falls Gardens,

Happy New Year! I'm unfamiliar with the archetypes of the Chinese zodiac, but to me the Dog is about persistence – as in the adjective “dogged” – and faithfulness. These two Yin qualities are vital ingredients in the rich compost that High Falls Gardens has tried to spread around the country. Our network of little green patches nourished by this brew is getting more attention. This Dog is about to glow with warmth, heat, light – and life -- to counteract the entropy that afflicts our culture. You can be proud of your contributions, especially your faith, that have sustained this work for so long.

**** Kellogg Foundation Supports Botanical Studies for Oriental Medicine ****

Right after the winter solstice we received word that the W.K. Kellogg Foundation awarded \$200,000 over the next three years (2006-08) to the High Falls Gardens Fund to support our Botanical Studies for Oriental Medicine program. The basic idea is to upgrade the Student Gardens program, to add more resources in terms of teachers, materials, curriculum -- also backup from local farmers, the university/Extension system and botanical gardens. Knowing the plants vastly enriches herbal studies, and also helps OM practitioners develop the capacity to evaluate qualities of domestically grown medicinal herbs, to communicate their requirements to growers, and ultimately to deepen their patients' connections to nature and sources of nutrition.



Contemplating *Aster tataricus* (source of *zǐ wǎn*)

The program budget provides significant funding for completion of two important resources for the work. One is the descriptive analysis lexicon being developed by Dr. Craig Hassel and the Medicinal Herb Network in Minnesota. By 2009 we'll have our own lexicon of special words, like wine-tasting terms, that we can use to describe herb qualities! The other

resource is the Pao Zhi practical manual developed from Andy Ellis's notes. Andy, Jason Wright, Mercy Yule, Joe Hollis and others are working on that project.

Activities will be focused at fifteen teaching sites around the country where gardens will be created or improved, each according to specific local needs and capacities. These are the sites with local coordinators:

Botanical Studies for Oriental Medicine Teaching Sites

1. Minnesota College of A&OM / NWHSU, Bloomington MN (Mark McKenzie, Dean)
2. Bastyr University/School of A&OM, Seattle WA (Matt Ferguson, Chinese Herb Dispensary)
3. Oregon College of OM, Portland OR (Cole Magbanua, Herbal Dispensary)
4. American College of TCM, San Francisco CA (JoAnn Vandenberg, Dean of Student Services)
5. The Learning Garden, Los Angeles CA (Robert Newman, Clinic Director, Emperor's College)
6. Arizona School of A&OM, Tucson AZ (David Epley, President)
7. Southwest College of OM, Santa Fe NM and Boulder CO (Valerie Hobbs, Boulder Director)
8. Colorado School of TCM, Denver CO (Anna Tsang, Academic Dean)
9. Academy of OM at Austin TX (Linda Fontaine, Chief Operating Officer)
10. Florida College of Integrative Medicine, Orlando FL (Robert Lynch, Chief Admin. Officer)
11. Daoist Traditions College, Asheville NC (Junie Norfleet, Administrator)
12. Tai Sophia Institute, Laurel MD (Cara Frank, Faculty)
13. New England School of Acupuncture, Watertown MA (Vivien Zhang, Faculty)
14. High Falls Gardens, Philmont NY (Jean Giblette, Director)
15. New York Chiropractic College / Program in OM, Seneca Falls NY (Jason Wright, Faculty)

We'll build on the experience of Student Gardens which showed that a garden program can be a magnet for students, but also for the local community, attracting positive attention and additional funding to the school. Practitioners and farmers/gardeners working together can serve as a bridge for public access to nutritional wisdom, including a deeper understanding of where our food, herbs – and health -- come from.

You can get involved in your local program by contacting the site coordinator and offering your support. As the schedule of events gets fleshed out we will try to provide advance notice via this newsletter.

Now your pledges to Botanical Studies are more important than ever! The Kellogg grant must be matched, as the program is budgeted at \$500,000 over the next three years, all money to be directed toward providing students and practitioners access to the plants and what they can teach us. A major grant greases the wheels, but we need you to hop on board this train! Send your pledge, check, referrals, introductions and/or suggestions now.

**** **MHC 2005 Sample Pack Distributed** ****



Late harvests delayed the 2005 Sample Pack offered to practitioners by the Medicinal Herb Consortium (MHC), but at last it went out in all its fresh, colorful, aromatic glory. Thirteen growers in nine states produced the 37 samples (bǎn lán gēn, bǎn zhī lián, bó hé, cì jí lí, dà zǎo, dān shēn, dǎng shēn, gān cǎo, gān jiāng, gé gēn, gǒu qǐ zǐ, guā lóu shí, hóng huā, huáng qín, jiǎo gǔ lán, jié gěng, jīng jiè, jú huā, kuǎn dōng huā, líng zhī, mò hàn lián, mù zéi, qīng hāo, sāng yè, shān zhā, shé chuáng zǐ, tǔ huò xiāng, xī xiān cǎo, xià kū cǎo, xiǎo huí xiāng, yè jīao téng, yì mǔ cǎo, yì yī rén, zhī mǔ, zǐ wǎn, shiitake and turkey tail mushrooms, *Trametes versicolor*).



The number of wild-harvested items is impressive, as is the surprising fact that we can grow ginger in Georgia. Quality this high provokes a certain amount of re-evaluation. Fennel seed, for instance, seems mundane until you get some from The Healing Plant, then a simple winter tea becomes a rare elixir. The old “BLT of the Shāng Hán Lùn” ingredient (Becky Thorp’s dà zǎo) gets \$25 a pound at the Santa Fe Farmers’ Market.

If you missed the order cycle for the 2005 Sample Pack you may still be able to see it, depending on where you’re located. Each of the MHC’s medicinal plant growers associations has a Pack to “take on the road,” to exhibit in venues in California, Minnesota, New Mexico, New York and West Virginia (or Mid-Atlantic area). These samples will most likely show up at Botanical Studies events throughout the year.

**** **Two HFG Internship Programs in 2006** ****

The internship program inaugurated last year is now called the **Graduate Internship**, and is open to graduate practitioners of Oriental Medicine or other health professions. NCCAOM continuing education credits are pending. Four structured weekends corresponding to the seasonal cycle (Germination, Planting, Cultivating and Harvest) are required, plus two additional weekends of work at the HFG field in Claverack, NY. Lodging is available for \$20 per night at the Hawthorne Valley Farm’s Visiting Student Bunkhouse, or interns are free to make their own housing arrangements. The cost of the entire program (including some meals but not lodging) is \$495. Send a \$100 deposit to reserve your place. Limited scholarships are available.

The four structured weekends require attendance from Friday evening through Sunday afternoon, and the other two weekends are flexible in terms of dates, arrival and departure times. The weekends are: March 3-5, May 19-21, Sept. 8-10, and October 13-15.

A new **Student Internship** has been planned to accommodate the needs of students who have taken on a special project or want fieldwork during August term break. This internship requires approval or sponsorship by your college. A one or two-week residency at the High Falls Gardens farm in Claverack is required. Due to scheduling problems with our housing facility program enrollment is very limited this year but we are accepting inquiries/applications for 2007.

Week 1 (Basic) is August 17-23, and Week 2 (Extension) is August 24-30, 2006. (Dates in 2007 are Aug. 16-29.) Students may select either the first week or both weeks together, depending on their program requirements. The second week will include experiences designed to build on those of the first week and will not be a mere repetition. The cost is \$195 per week, plus \$140 per week (\$20 per day) lodging, and includes local transportation. The student is responsible for food and airfare costs. Email hfg@capital.net for a two-page writeup.

The stream broadens and moves more rapidly now. I won’t be able to answer all your questions, but am trying to create more points of entry into this work so you can bring your own beginner’s eyes and mind to the plants. Your inquiries, observations and contributions will feed the flow. Now’s the time, and not a moment too soon.

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