



News
from

Harmony Valley Farm

An Update for Our Community Supported Agriculture Members - Since 1993

LOCAL AND MADISON EDITION

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Winter Newsletters!

Keep up to date with your Harmony Valley Farm news! We will e-mail out all of our winter newsletters to members who have given us a current e-mail address. If you never have received an e-mail from the farm, we probably don't have a correct e-mail address for you. Please e-mail bookkeeper@harmonyvalleyfarm.com with your correct address. Thanks!

Trace Minerals and Health

By Richard de Wilde

A medical doctor, Dr. Maynard Murray, spent most of his life investigating the connection between trace minerals and health. The following article summarizes some of his research findings and observations, which I learned about at the ACRES USA conference in December.

Murray studied various sea mammals and found that they live very long lives, continuing to grow without developing the degenerative diseases of their land cousins. The giant turtles of the sea are good examples. Other sea mammals also, such as the whale, with all its blubber and fat, have no sign of arteriosclerosis from clogged arteries. Ocean trout don't develop cancer, but freshwater trout only five years old have liver cancer.

What is the difference? Minerals! There are about one hundred twenty elements in the atomic chart. The only place they are all found is in sea water, always in the same ratios. The same ratios of minerals are reported in human blood, but not all of the minerals are present. The rocks and soils of the earth have been weathering, eroding, and washing to the sea since the beginning of time. The complete spectrum of minerals was present in the volcanic rock that erupted from deep in the earth. As the rocks weathered they formed soils, but many of the minerals have eroded and ended up in the sea.

So if it is the presence of the complete spectrum of minerals that is responsible for

the health and long-life of sea mammals, then it follows that for our optimum health, we want to take them in too. It is not as simple as eating sea salt! The minerals in sea salt are in an inorganic form, not readily used by our body. In fact, five tablespoons of salt at one sitting is a fatal dose. Taking mineral supplements probably can't hurt, but they may also not be useable by our bodies. When you make those minerals available to growing plants, they transform the inorganic elements to complex enzymes, hormones, and proteins that contain those trace minerals that our body needs.

Seaweed is one of the best food sources available because it grows in that mineral rich sea water. But! There is only so much sea weed one can eat in a day. That is why we like to use seaweed as a plant fertilizer and also in our animal feed. Fish meal from ocean fish is also an excellent fertilizer choice.

We have several other choices for re-mineralizing our soils. Various volcanic rocks, such as granite, can be ground to a fine powder and spread on land, but it takes a lot of material per acre and the cost to truck and spread is quite high. There are other land deposits with very high mineral content. Azomite fertilizer is mined in Utah where there was once an ancient sea bed. Azomite contains

This Week's Box
EXTENDED SEASON BOX, BEEF, AND FRUIT DELIVERY
Orange Carrots Chioggia Beets Cabbage - Red or Green Scarlet Turnips Parsnips Beauty Heart Radish Black Spanish Radish Rutabaga White Sunchokes Garlic Celeriac Onions - three pounds of mixed Yellow and Red Globe. Red Potatoes Pepper Ristra

more than ninety elements and can be ground to a fine powder and field spread or added to seed rows when planting.

Sea minerals are also available from shore line deposits when years of sea water evaporating on flats near the sea have left thick layers of minerals that can be ground and land spread. They must be from a very dry area, where there is little rainfall to leach the water soluble minerals out of the deposit. One such deposit is in Baja Mexico and is available by the truck-load.

Another new source for us is a liquid concentrate of sea minerals, extracted from clean ocean water. All elements and trace minerals are present in the proper ratios because there has been no leaching as can happen from the land deposits. We will be using this for the

first time this year as a foliar spray on growing plants, and a root drench when transplanting.

Another interesting part of Dr. Murray's research was his work with animals. He grew foods in soil that had been amended with sea minerals. He then fed two groups of mice that were bred to develop cancer: one with mineralized feed and one with conventional. Ninety percent of the conventional fed mice group developed breast cancer compared to only fifty-five percent of the sea mineral group. More surprising was that in the next generation of mineralized fed mice, only two percent developed the cancer. The mice that were fed the mineralized feed also lived to give birth to ten litters, while the conventionally fed mice only gave birth to two.

Animals always prefer to eat feed grown with mineralized soil and they eat all of that feed first before touching the conventional. We have watched our own animals walk right past good looking grass to get to the areas where we were able to spread minerals with a tractor spreader. They evidently taste the difference. Do we?

There is still much to learn. Medical science still only knows the function of twenty some trace minerals for human health. And not much research is devoted to the other one hundred elements. Do we need them? Ask a sea turtle! For our part, we are going to continue to grow the most mineral dense foods we can.

If you want to read more about Dr. Murray, his book, published in 1976, *Sea Energy Agriculture* is available from Amazon.com. Excerpts from the book are available at www.oceanminerals.com.



Chicken Soup With Loads of Vegetables

From www.epicurious.com

Jewish chicken soup is usually served with thin egg noodles or with matzah balls.

- 4 quarts water
- 1 large cut-up chicken, preferably stewing or large roaster
- Marrow bones (optional)
- 2 whole onions, unpeeled
- 4 parsnips, left whole
- 1/2 cup celeriac
- 1 rutabaga, quartered
- 1 large turnip, quartered
- 6 carrots, left whole
- 6 tablespoons chopped fresh parsley
- 6 tablespoons snipped dill
- 1 tablespoon salt
- 1/4 teaspoon pepper

1. Put the water and the chicken in a large pot and bring the water to a boil. Skim off the froth.
2. Add the marrow bones, onions, parsnips, celeriac, 3/4 of the rutabaga, turnip, 4 of the carrots, the parsley, 4 tablespoons of the dill, and the salt and pepper. Cover and simmer for 2 1/2 hours, adjusting the seasoning to taste.
3. Strain, remove the chicken, discard the vegetables and refrigerate the liquid to solidify. Remove the skin and bones from the chicken and cut the meat into bite-size chunks. Refrigerate. Remove the fat from the soup.
4. Just before serving, reheat the soup. Bring to a boil. Cut the remaining 2 carrots into thin strips and add to the soup along

with the remaining rutabaga cut into thin strips as well as a few pieces of chicken. Simmer about 15 minutes or until the vegetables are cooked, but still firm. Serve with the remaining snipped dill. You can also add noodles, marrow, or clos (matzah) balls.
Tip: Make a chicken salad with the remaining chicken pieces.



Spicy English Parsnip Soup

From [Twelve Months of Monastery Soups](#)

- 4 Parsnips, sliced
- 2 medium-sized potatoes, cubed
- 1 large onion, chopped
- 1 garlic clove, minced
- 4 tablespoons butter or oil
- 1 teaspoon curry powder
- 1/2 teaspoon ginger powder
- 6 cups soup stock
- 1/2 cup half and half
- salt and white pepper to taste

1. Melt the butter or oil in a good-sized soup pot and add the prepared vegetables. Saute them lightly for 2 to 3 minutes.
2. Sprinkle the curry and ginger on top and stir the vegetables thoroughly. Add the stock and bring the soup to a boil. Lower the heat and simmer, covered, 30 minutes.
3. Blend the soup in a blender until thick and creamy and then return it to the pot. Reheat the soup, add the half and half and seasonings and stir well. Add more curry if the soup seems to need it. Do not let soup come to a second boil. Serve the soup hot with some finely chopped parsley as garnish.

Russian Cabbage Borscht

From the [Moosewood Cookbook](#)

- 1 1/2 cups thinly sliced potato
- 1 cup thinly sliced beets
- 4 cups water
- 1 to 2 Tbs. butter
- 1 1/2 cups chopped onion
- 1 scant tsp. caraway seeds
- 1 1/2 tsp. salt (or more, to taste)
- 1 celeriac, chopped
- 1 medium-sized carrot, sliced
- 3 to 4 cups shredded cabbage
- Freshly ground black pepper
- 1 tsp. dill (plus extra, for garnish)
- 1 to 2 Tbs. cider vinegar
- 1 to 2 Tbs. brown sugar or honey
- 1 cup tomato puree
- Toppings: sour cream or yogurt and extra dill

1. Place potatoes, beets and water in a medium-sized saucepan. Cover, and cook over medium heat until tender (20-30 minutes).
2. Meanwhile, melt the butter in a kettle or Dutch oven. Add onion, caraway seeds, and salt. Cook over medium heat, stirring occasionally, until the onions are translucent (8 to 10 minutes).
3. Add celery, carrots, and cabbage, plus 2 cups of the cooking water from the potatoes and beets. Cover and cook over medium heat until the vegetables are tender (another 8 to 10 minutes).
4. Add the remaining ingredients (including all the potato and beet water), cover, and simmer for at least 15 more minutes. Taste to correct seasonings, and serve hot, topped with sour cream or yogurt and a light dusting of dill.