

Subject: Atchingtan Newsletter - March 2016
From: Atchingtan <info@atchingtan.org>
Date: 3/7/2016 6:38 PM
To: contact@atchingtan.org

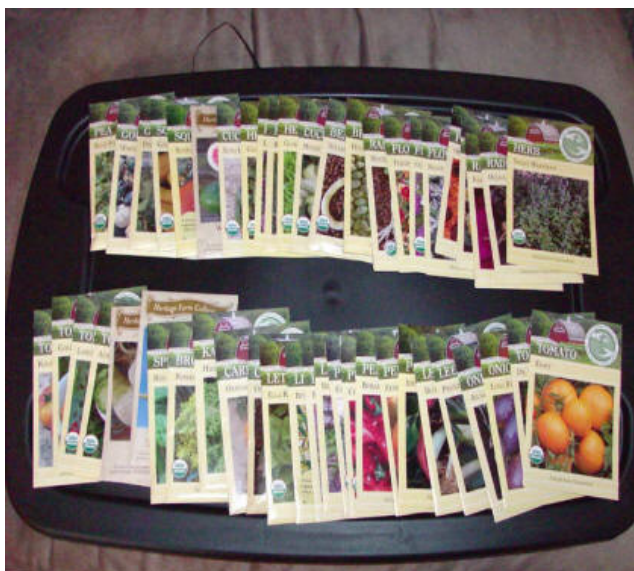


Atchingtan Newsletter

Second Edition - March 2016



"We are at peace in this serene and private space where we, and invited guests, learn from one another and the land, connect with mother earth, and live in the moment. With help from earth-loving souls, we enable the land to care for itself and provide food, medicine, materials and habitat."



What's new?

Atchingtan is proud and thrilled to be beneficiaries of Seed Savers Exchange's Herman's Garden Seed Donation Program. They were so generous as to send us all these seeds - a huge variety of herbs, vegetables and flowers. We are looking forward to planting season, and to sharing our excess produce at harvest time! Thank you Seed Savers Exchange!!!

<http://www.seedsavers.org/seed-donation-program>

This is our second newsletter, and we were really excited by the number of signups for our first edition last month. We hope that people like reading about Atchingtan's progress, and are motivated to become more involved. For People and Life!

We have ordered a lovely selection of 2016 Atchingtan merchandising. This will be available during camping events, conferences, and work weekends, and we will of course be sharing with our wonderful volunteers. We will be posting the items on our website in the next few months, should you be interested in getting hold of some.



Recent Events

Polytunnel work weekend! We had a fun weekend working on the new polytunnel. We bought it a couple of years ago, and erected it, but had to postpone completion due to more pressing Atchingtan needs. We did experiment with various types of planting in 2015, before the cover was put on. Many types of tomatoes, tomatillos, herbs and potatoes were grown, all successfully. Now that the cover and front door are in place, we are ready for the new season of planting, which will take us into some winter planting as well. (Fresh winter greens!) When the current snow melts off, we will install rain barrels and water totes to supply water to the polytunnel.

3 weeks after these pictures were taken, with just these 2 lamps, the soil has become workable and the polytunnel about 10 degrees warmer than the outside.





The tree of life in February.

Upcoming Projects

Conventions! Atchingtan has reserved a hospitality suite at an earth-based convention in Minneapolis. The convention caters to those who practice earth-based spirituality and have a respect for the land. Atchingtan will be providing merchandise, and publicizing our vision and facilities. This will be the first of many conferences and events that Atchingtan will attend and as they get booked, we will let you all know via the newsletter.

Open Day! Atchingtan will be open in April, depending on the weather conditions. We are in the process of planning our first work weekend to coincide with Open Day. We will be inviting everyone to come up and spend the weekend, explore the land, have discussions around the Atchingtan vision, and maybe get our hands dirty with some area clearing, in preparation for implementing the new trails.

One of our ongoing projects is to identify, map, and preserve native plant stands. We also want to be aware of our local fauna. Please assist in this mapping of the land, as you are able. Explore as much or as little as you would like; any help is appreciated. Atchingtan provides the main dinner on Saturday night, and the rest of the weekend is potluck. We light the main firepit, hang out for some drumming and dancing, and share community spirit. Anyone coming up for Open Day, or one of our work weekends, will be able to camp all weekend for free. We have plenty of room for tents, and electric for RVs. More information about the Open Day will be available as we firm up the plans. Check the next newsletter, and our [facebook page](#) for updates.

Tree Planting weekend! We are proud to be working with the Pine County Soil and Water Conversation District (SWCD) and their 2016 Tree Program, and are planning on buying dozens of barefoot trees from them, primarily for the Atchingtan Orchard. Pickup is typically one of the first weekends in May, and we will need help getting them all in the ground!

In return for your help, we will of course feed you, and give you Atchingtan swag, as well as facilitating the drumming and dancing, etc, mentioned in the Open Day paragraph above.

Plus - if you would like some of these trees for yourself, we are happy to get them for you. Cost to you is only \$1 (one dollar) per bareroot tree, plus weekend help! Let us know how many you want of each type by using the [contact form](#). If you need more detailed information regarding soil type, light requirements, growth rate, mature height, etc, just ask.

This is the list of bareroot trees (mostly 18" - 24" high, depending on variety) available for only \$1 each plus volunteer time:

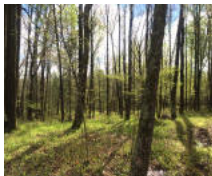
- * Black chokeberry
- * Amer. Highbush Cranberry
- * Elderberry
- * Juneberry (Serviceberry)
- * Lilac - Vilosa (Pink)
- * Nanking cherry



- * Rose, Rugosa
- * American Plum
- * Chokecherry
- * Flowering Crab (Red Splendor)
- * Nannyberry
- * Pin Cherry

Let us know **ASAP** what you are interested in, as we will be putting the order in soon. SWCD advises:

1. *There are no guarantees that they will be available, and no guarantee of survival.*
2. *Trees/shrubs offered are conservation-grade, bare-root stock.*
3. *Size is subject to change without notice.*



Trail Planning! Planning for trails through Atchingtan is underway. Atchingtan is a 40 acre retreat, and contains many untouched natural areas. We also have a creek running through the N.E. side of the property, and we have public areas where everyone gathers for events. The trails are being designed to allow everyone easy access to the land and the creek, and to connect everyone with nature. Once the trails are in place, we will be able to focus on creating and preserving natural spaces, as well as providing areas for bird-watching, meditation, star-gazing, and so on. This project will necessitate several work weekends, clearing top brush to prepare for the trail construction itself. More information will be available as we confirm plans.

March Spotlight Article by Bonnie Hanna-Powers, Atchingtan's Herbalist

Lemon Balm

In 2015, we experimented with growing many different herbs in different conditions at Atchingtan. One of our favorites, much loved by the bees, is Lemon Balm (*Melissa officinalis*). A member of the 'Lamiaceae', or mint family, Lemon Balm is native to Europe, western Asia, and northern Africa, and perennial, hardy to Zone 3. It will easily spread and re-seed itself, taking over if allowed. Lemon Balm may be harvested twice, once in the early summer as it is starting to bloom, and again in the late summer or early fall before the first frost.

Lemon Balm is a nice herb for tea blends, with a "lemony" flavor. In culinary applications, freshly picked young leaves may be added to green salads and



"Melissa Officinalis." Flickr. Yahoo!, n.d. Web. 31 Jan. 2016. <https://www.flickr.com/photos/ecosdepedra/2377762182>.

Photo credit, Open Source.

fruit salads, and they are a useful addition to potpourri or to a mixture of herbs for sachets or pillows. Paracelsus, a celebrated Western herbalist from the early 1500's, liked to give Lemon Balm as a general tonic; it is one of the European herbs which contain the most essential oils.

Grieve describes Lemon Balm in *A Modern Herbal*, stating, "The root-stock is short, the stem square and branching, grows 1 to 2 feet high, and has at each joint pairs of broadly ovate or heart-shaped, crenate or toothed leaves which emit a fragrant lemon odour when bruised. They also have a distinct lemon taste. The flowers, white or yellowish, are in loose, small bunches from the axils of the leaves and bloom from June to October. The plant dies down in winter, but the root is perennial."

The Native American Ethnobotany database at the University of Michigan Dearborn lists only two tribes that used Lemon Balm, likely because Lemon Balm is not native to North America. According to Paul B. Hamel and Mary U. Chiltoskey in *'Cherokee Plants and Their Uses -- A 400 Year History'*, the Cherokee have used *Melissa officinalis* for colds, fevers (including typhus fevers), chills, as a stimulant, and as a general tonic. Another source, *'Ethnobotany of Costanoan Indians'*, written by Barbara R. Bocek, claims that the Costanoan tribe of California used *Melissa officinalis* for "...infants' colic and stomach aches. "

Matt Wood speaks about the constituents of Lemon Balm, and tells us how those constituents will act on the body. He states, "(Volatile) oils have a wide range of medicinal actions. They are antiseptic, and have therefore been used for hygienic as well as medical actions. Most of them are soothing and anti-inflammatory, making excellent applications for wounds and burns (St. John's Wort, Lemon Balm, Lavender, Sweet Leaf)...Some of them, like Lemon Balm and St. John's Wort are used for depression." If you are using Lemon Balm, you can generally expect a calming, cooling action, and a lemony flavor.

Taken from the full article found [here](#) with sources



Volunteer Opportunities

If you are interested in our volunteer program, please [contact us](#) and let us know what you are interested in, what skills you have to offer and your availability. To see what benefits volunteering with Atchingtan provides, please see below!

Volunteers can expect a rewarding experience, working with new and old friends to create beautiful and useful spaces in an outdoor setting. You will learn new skills, feel the thrill of passing on your knowledge, and be immersed in a positive community setting. Projects may include a range of things: planting seeds, clearing trails, organizing events, and much more. Volunteers will share in food harvests, have access to special volunteer appreciation events, and enjoy contributing to a budding outdoor educational center.



The Memorial Garden Project

In a short span of time, we have lost a lot of great people. Musicians, friends, family - connected directly or indirectly. Many people are having a hard time with this, which is understandable. However, it is important that we not only mourn at our own pace, but also honor those who have left us for the other side. In addition, to offer love and support to the families, friends and fans of those who have crossed over.

The Atchingtan leadership team has decided to implement a memorial garden to honor those who have passed on. We welcome you - this Spring - to come and plant a tree in the Memorial Garden to honor those close to you. As you plant your tree, think of all the good memories that person gave you. Then, as you return to Atchingtan over the years, you can see your tree grow and think of those good memories. The Memorial Garden Project has been envisioned for those who do not have space to plant a tree. If you are unable to plant your tree or come to Atchingtan to do it yourself, we will be taking orders and will be happy to plant it for you on your behalf.

More information on the Atchingtan Memorial Garden Project will soon be available on our website. In the meantime, feel free to [contact us](#) with questions and/or suggestions.

The A-Team

[View this email online](#)

Atchingtan

14730 135th Lane, Finlayson MN 55735

