

3-1-1965

"A" is for Alfalfa

Grace Lefever

Follow this and additional works at: <https://research.library.kutztown.edu/greenrevolution>

Recommended Citation

Lefever, Grace (1965) "'A' is for Alfalfa," *Green Revolution*: Vol. 3 : Iss. 3 , Article 3.
Available at: <https://research.library.kutztown.edu/greenrevolution/vol3/iss3/3>

This Article is brought to you for free and open access by Research Commons at Kutztown University. It has been accepted for inclusion in Green Revolution by an authorized editor of Research Commons at Kutztown University. For more information, please contact czerny@kutztown.edu.

THE GREEN

FOR HOMESTEADERS, ON-TO-THE-LANDERS,
AND DO-IT-YOURSELFERS



REVOLUTION

SCHOOL OF LIVING, BROOKVILLE, OHIO 45309
PUBLISHED MONTHLY

Volume 3, Number 3

March, 1965

25c per copy, \$3 per year

Something From Nothing—

Homesteading Without Money; If You Don't Have You Can't Spend

By June Burn

If somebody in your family is inventive you can make-do for so many activities on the homestead you hardly miss money, or the tools money will buy. For the inventive one can go to the nearest junk yard and pick them up, or their makings.

We needed a fertilizer spreader, seeder, cultivator, disk harrow, plow, barb-wire mover, etc.

We got them or are getting them for nothing from the two dump heaps not far from our farm. Farrar is inventive. (How he loves a junk heap!) He can go to a pile of castaways, study it awhile, come home with an old coal scuttle, for instance, an old plow without a handle or whatever. And within a day or so we are ready to do whatever it was that awaited us, and he will say "Get the truck—we are ready to spread that fertilizer."

Asking no questions, by now, I got the Vogts pick-up which is already decorated with something sticking up right at the end of the bed, the tailgate down. Farrar gets on next to this machine and I drive us as he directs to the outer edge of a five-acre field—or a ten-acre—and he says: "A mile an hour around the field making the square each time."

The Vogts goes easily enough at only a mile an hour. Here is its picture with Farrar wagging the



tail of the contraption out of which comes the raw-rock fertilizer in a steady thin stream, he scattering it across a six feet wide band. At the corners of the field he misses the angle but the weeds don't mind and the birds like them and we like the birds. Around and around we go, closing in a six foot band at a time on to the center of the field.

Sitting beside his coal scuttle spreader Farrar swings the nozzle and sprinkles the fertilizer as evenly as if he were mechanically moved. Every so often he cries "Ho!" and I stop while he refills the scuttle from the sack of fertilizer. (continued on page 4)

"A" Is For Alfalfa

By Grace Lefever

Meaning "Father of all Food," So take the hint and get some seed

Then listen well and good. Alfalfa, so they used to say, Was good for cows and piggies, But Bowers' research now has proved

It's just as good for kiddies. It's filled with enzymes that we need

To help digest our food, And listen to the long, long list Of vitamins so good.

It gives us half the C we need Each day—in one good serving, And also A, D, E and G, K, U and B—deserving.

Now if you want good healthy teeth, And body strong and well You'll start to eat Alfalfa sprouts To nourish every cell.

Here are the simple directions for making these delicious "Sprouties" all winter long right on your kitchen sink counter. They will grow large enough to eat in four to five days. You will be able to see them grow each day.

Get a small amount of untreated alfalfa seed (at a health food store). Put 2 tablespoons of alfalfa seed in a pint jar. Fill it



with cold water and let stand overnight uncovered. By morning the little seeds will be swelled up and ready to burst open. Now hold a tea strainer (or something similar) over the jar and drain the water off into another jar. This liquid contains some of the vitamins and minerals so add it to fruit juice or soup, or add some mint tea to it to make a delicious drink.

From now on do not let any water stand in the bottom of the jar or the sprouts will rot. They do need to be rinsed with fresh water at least once a day (drain well), to give them moisture and keep them fresh. Moisture, light and air are all they need to keep growing. By the second day you will see the white roots pushing out, and then soon you will see a stem with tiny leaves starting to form. When the leaves turn bright green you know they are filled with chlorophyll and the sunlight has done its duty. The sprouts are ready to eat.

Use them in a sandwich instead of lettuce, add them to a tossed salad, or just put a forkful on your plate to eat like any other raw vegetable. Some people like to add them to soup, just before serving. They can be mixed right into a sandwich spread, such as an egg or tuna spread, but cut them fine first.

This is the best way I know to grow your live greens all winter long without a greenhouse. If you make larger jars full, you'll have plenty of salad greens, and it will cost only a few cents a week. Why not start some of these "sprouties" right now?

P. S. — You can sprout other seeds, such as wheat, rye, mung beans, etc., the same way.

Religious Liberals Hold Conference

Following a suggestion from Ralph Borsodi, religious liberals in New England will hold a joint conference at Phillips Exeter Academy, Exeter, N. H., April 23, 24, 1965. Speakers and panel participants include heads of the American Ethical Union, American Humanist Assn., Reformed Judaism and the Unitarian-Universalist Assn. Their purpose is to discover values, goals and programs which they have in common. Everyone interested may attend. Registration is at 2:30 p.m. Friday, April 23, and continues through 11 a.m. Saturday the 24th. Write for program to Dr. Richard Dewey, University of New Hampshire, Durham, N. H.

Milk and Honey

Part I

By John Seymour

[Editor's Note: The following article, first in a series by this British broadcaster and homesteader, links common interests in distant places. Robert Stowell, author of *The Simple Life* (formerly living in Vermont but now in New Zealand), introduced us to John Seymour in a review (April, 1964, *Green Revolution*) of Seymour's book, *The Fat of the Land*, in which he describes life on the Seymour homestead. In submitting items for this series, Mr. Seymour asked for our material to distribute in England, saying that, "The English like to copy anything the Americans do. They copy so many bad things, it would be nice to get them copying a good thing too for a change." We are very glad to present these items by this author-homesteader, unfolding a fascinating philosophy and practice akin to ours. This material was broadcast in January from British Midland Home Service.]

Last week I described how one family—my family—became self-sufficient in every kind of food-stuff excepting flour, sugar, tea, coffee, spices and salt, and a modicum—getting less every year—of animal feeding stuffs, on five acres of poor land. If we do go to the butcher it's an unnecessary and a calculated extravagance—we can get plenty of meat without it.

I tried to describe what our five acres is like now, after eight years of doing this on it. Our plans for the future are—to go on doing what we're doing now, only more so. Certainly grow our own wheat—we already have a little Canadian mill for grinding it. Double our herd of six Welsh breeding sows. Double our tiny herd of three cows—keep perhaps six cows and practice multiple suckling—that is, rearing bought-in calves. Make and sell butter, cream, and cheese perhaps. We don't chase after money for money's sake, but we like our little commonwealth to be commercially viable. We now make most of our money income from my wife Sally's potting and my writing. We would like to step up our homesteading activities until our produce from the land makes up perhaps half our income. We would like more land.

But in a country where land is being grabbed into fewer and fewer hands I doubt whether we shall ever get any. The way things are going now one percent of the population of Britain will soon own ninety-nine percent of the land. But we will carry on as long as we can in this country, and if necessary—emigrate and lead the same sort of life somewhere else, where the ownership of land has a more widespread basis.

Why should anybody want to live like this? is a question a lot of people ask us.

Well, we drifted into it, without really intending to. We were forced to become self-supporting by the remoteness of the place where we lived. You have to get a cow to get fresh milk—and then you find the whole thing begins to snowball. But having been forced into it—and having done it for eight years—neither my wife nor I would ever consider ever living in any other manner.

(continued on page 4)

More Effort Needed On Headquarters

As one of the advocates and supporters of the Headquarters Fund drive, I am very disappointed to learn in the January issue that only a token of less than \$1,000 has been received after almost a full year. At this rate a decade will pass before buying or building can be taken into consideration.

The wait-and-see people just won't realize that MJL and Lane's End are not going to be available indefinitely. If we don't build now and find new hands for the task, *Green Revolution, A Way Out* and the entire School of Living effort may cease. I for one do not wish for this to come about. I have received more insight from School of Living sources in the last three years than in the previous twenty.

I trust all of us will make a special effort this year toward a much needed study center. We can't expect much from the colleges toward a saner society and so we must do it ourselves if we are at all to survive.

I am contributing an additional \$5 for the Fund.—Anton James, New York City

Go Ahead and Live! Is Salable Product; Let's All Sell It!

"Your new book is important—indeed a challenge to any thinking person today," said one reader. "And fortunately it is readable and full of human interest! It should find a good market."

We're glad for this evaluation, but hasten to note that it is only one of thousands of books coming out each week. It can easily get lost, shoved aside, go unnoticed and unread unless hundreds of School of Living people get in on the sales-act.

How You Can Help

Of course you can buy the book and read it. Even if you aren't a young person, you'll find scores of important ideas in it for you to work on. And of course you can pass it on to some young person.

A very simple thing anyone can do is to ask for it at your book store. Ask every time you are in or near a book store! Tell your book store clerk or manager to write School of Living, Brookville, Ohio for it. Here is one result that came from unsolicited action:

"Dear Sirs: There have been some customer inquiries as to your recent *Go Ahead and Live!* It sounds like the type that we might use in lot-quantity. Hence, please send us a complimentary examination and review copy, without delay. Also include a list of your other publications.—K. F. Kaufmann, Vista-View Books, Middleburg 2, Pa."

See Your Librarian

Besides interesting your book store, see your librarian—city, school, college, church-school. Tell them that it's about a real young couple dealing with real life situations in a courageous, self-help, independent way. Let us know your results. Send us other suggestions for the sale and use of *Go Ahead and Live!*

Headquarters Community News

Report from 2nd Workbee, Feb. 27-28, at Heathcote Homestead, 23 persons participating; dust and debris all removed from five-room apartment; innumerable holes patched, and walls changed from dingy dark to glowing white and pastel, with one or more of their final three coats of paint; electric lights working; 100 window panes replaced! Looks not only habitable but inviting.

School of Living Trustees Meeting, Feb. 27. Present: Harold Lefever, Leo Koch, Roger Wescott (and their wives), Philip Smith and Mildred Loomis. Action: Set date for next workbee (April 16-18), for summer workshop (July 3-10) and annual meeting (July 11) at Heathcote; outlined programs, appointed committees, etc.; considered plans for processing *A Way Out* with help of New York volunteers; suggested activity for college members of School of Living; examined Heathcote development plans with William Anacker; approved use of Headquarters Fund (\$994.00) for Old Mill expenditures, with Hugh Graham, Harold Lefever and Bill Anacker as a committee charged with stewardship and increase of this Fund.

Headquarters Fund: Victor Taufernor, \$50; H. Roseman, \$2; Friend of S. Chawla, \$10; Rusel Jaque \$1; Harry Kaplan \$10; Bruce Barrett \$6; Anton James \$5; Earl McGue \$5. Total now \$994.00.

General Goal: To cooperatively make Heathcote Homestead's 75 acres one of the beautiful, productive and significant Shangri Las in America! You can have a part. Make plans for definite participation!