

Friends of the Trees Society

Newsletter - December 12, 2006

2007 Events sponsored by
Friends of the Trees Society

Dear Friends,

This newsletter is being mailed to about 1,000 people as well as being emailed to the 1,600 emails in my email address list. There is bound to be some overlap. If you get this in the mail and would like to be on the email list, let me know (or vice versa).

Photo of Michael Pilarski and his son Ashley is in this space in the hard copy newsletter

Many of you people reading this newsletter are my personal friends.

Let me reach out and say "I love you".

"I had a great 2006 and hope yours was too."

"I hope our paths get to cross in 2007."

It has been 11 months since my last printed newsletter. In the meantime there have been several email newsletters. One of my 2007 goals is a frequently updated website at www.friendsofthetrees.net Are there any enthusiastic, young folks out there that could make this happen?

I believe that the world is going to see a lot of change in the next 5 years leading up to 2012. It seems to be anybody's ball game. Gardening, farming, friendships and building local community and local economy are the ways to prepare. This newsletter reports on some positive developments in the world as well as Friends of the Trees News

May the forests be with you!

~ Michael Pilarski

Michael Pilarski is looking for a community/farming situation

My dreams include:

- * Nice people in a community of some kind..
- * Good farmland.
- * Reliable irrigation water.
- * Educational emphasis
- * Beautiful rural surroundings.
- * My heart says "Yes!" to the location & people.

My goal is to create another great food, berry, fruit, herb, permaculture botanical garden, and spend a lot of time in the garden. I'd like a place with an educational component so that I could give workshops and courses on-site with the gardens as a teaching model.

Assets include: my farming and networking skills; lots of plants; a nice collection of gardening hand-tools; an outstanding library on agriculture, horticulture, ethnobotany, permaculture, botany and related topics; and Friends of the Trees' herb and seed businesses.

I will consider situations anywhere in the Pacific Northwest including Montana. Let me know if you have any offers or suggestions.

Native Plants and Permaculture: A Gathering of Plant Enthusiasts

May 11-13. Lost Valley Educational Center

The presentations and discussions will explore the use of native plants in permaculture systems. Lost Valley is the main organizer. Friends of the Trees Society is a co-sponsor and Michael Pilarski will be a speaker. Anyone interested in being involved please contact Chris Roth at the Lost Valley Nature Center, 81868 Lost Valley Lane, Dexter, Oregon 97431, (541) 937-2567, ext. 116. chris@talkingleaves.org www.lostvalley.org/nature

Fairy & Human Relations Congress

June 22-24. Skalitude Retreat Center, Twisp, Methow Valley, North Cascades, Washington.

7th annual. Communication and cooperation with devas, fairies and nature spirits. An all ages event. 2007 presenters include Dorothy Mclean, Robert J. Stewart, Madi Nolan, David Lertzman, Eileen Kilgren, Shebear, Mary Getten, Amy Leigh and more. One of the premier gatherings of fairy communicators in the world! (Okay, so we don't have much competition.) Details are at www.fairycongress.com

Montana Herb Gathering

July, Near Missoula. Date is not set as of this newsletter printing on 12/9/06. Six annual gatherings were held from 1998 to 2003. Grass-roots herbalists from around Montana and beyond. After a 3-year hiatus the gathering is awakening. If you'd like to present, assist or attend contact Katrina Farnum, 406-207-3766. gardenmother22@hotmail.com Details will eventually be posted on www.montanaherbathering.org

Northwest Herbal Faire - 2007 is still possible!

Friends of the Trees has helped organize the Northwest Herbal Faire since it started. The 3rd weekend in August. 1,200 people attended the 10th annual in 2005. The Faire did not happen in 2006. We are looking for a site for August 18-20, 2007. If anyone is interested in helping this year or knows of a possible site, contact Michael Pilarski. Updates will be posted on www.nwherbfair.com

Singing Alive

September 7-9, Cosmopolis, Washington.

This new event is a weekend of Ceremonial Singing, Dancing & Music. We change the world as we transform ourselves in songs of blessings, devotion, gratitude, peace, and activation: songs which embody the eternally new consciousness of love for the planet and for world peace. Contact Morgan Brent, xen@tribesofcreation.com www.tribesofcreation.com

Montana Permaculture Design Course - 2007

September 15-29. Hot Springs, Montana.

2nd annual. Michael Pilarski instructing with others.

Alameda's Hot Springs Retreat (406)741-2283

alamedas@hotspringsmt.net www.alamedashotsprings.com

2007 Montana Barter Fair

October 6-7. We are looking for a site in NW Montana. A producer-to-producer economic event. Who wants to be involved? Contact Pilarski

Which events do you want to attend?

*** Write the dates on your calendar!**

Looking for collaborators . . .

**Wildcrafting Weeds in the Pacific Northwest, Book
Montana Permaculture Resource Guide**

Daphne Charter's Collected Fairy Manuscripts, Vol. I

I need help with scanning, illustration, lay-out, research, computer skills and proof-reading. Some work can be done at your location. Other work calls for being in Hood River. There is a room available for short term help.

New articles by Michael Pilarski

World Peak Food. An article looking at world food production and reasons for its current downhill status. I believe that world food production probably peaked in 2004. www.alamedashotsprings.com/peakfoodarticle.html

Local Food Security in Okanogan County, Washington. A brief look at how to go about setting up food self-sufficiency at the county-wide level.

www.alamedashotsprings.com/peakfoodarticle2.html

Internships

Dozens of people have interned with Friends of the Trees over the years. Anyone interested in interning in 2007 please send me a letter about your goals and skills. We could use help this winter as well as next growing season. Internship involves a wide range of organizational and research work as well as hands-on wildcrafting and farming.

Northwest Sustainable Wildcrafters Guild

There are now 11 guild members - 9 harvest medicinals, 2 harvest mushrooms, 2 harvest seaweed, 4 harvest native seeds, 2 provide nursery stock, 1 harvests restoration livestaking material and cuttings, 1 provides native fibers and basketry materials, 4 make herbal preparations, 2 teach courses in wildcrafting and herbalism and 2 do permaculture consulting and design. A brochure with members' contact information is available on request from Friends of the Trees. Occasional meetings are held.

LOCALIZATION and HARMONIZATION

Two pathways out of the crises facing humanity.

Here is information on two of the best solutions I've seen lately. Localization and harmonization offer the possibility for a grass-roots, democratic re-organization of the world.

Helena Norberg-Hodge and Gary Nabhan.

I had the pleasure of listening to both Helena Norberg-Hodge and Gary Nabhan at the Washington Tilth annual organic agriculture conference on November 12, 2006. Helena gave the keynote address and was on a panel with Gary. Helena is famous for her work with the people of Ladakh and helping them keep their traditions alive. Helena's talk was uplifting and inspirational. She outlined a path away from globalization and towards localization that would decentralize the world's power structures and more equitably share resources. I highly recommend that everyone check out her website and books.

Localization offers an alternative to globalization.

Local production for local consumption.

Local food.

Local governance.

Local ownership.

Power has become increasingly concentrated in the hands of a few globalized, financial institutions who control multi-national corporations, governments, WTO, etc. A small group of large banks in New York and London are trying to become a world-wide dictatorship. This is nothing new to the politically astute in the US and to much of the suffering masses in the less well-off "underdeveloped" countries. The media industry is owned by these financial powers and several generations of media mis-information has led to many people in the US being unaware of their peril, or even actively support anti-people policies such as the Iraq war, patriot act, etc.

A world-wide, decentralized movement is necessary to counter the global elite's goal of world domination and totalitarianism. Localization and harmonization offer two strategies for grass roots people to affect change at the local level. They are non-violent, inclusive, decentralized and would be difficult to legislate against.

"Buy Local" is a slogan that almost everyone now agrees with. An Arizona poll showed that the majority of people from all economic classes would prefer to buy local food. The problem of course, is that there are few local food producers left. Regulatory hoops are used to discourage small-scale, local production of many items. Subsidized agribusiness corporations continue to run small farmers out of business around the world. A democratization of food production is a pre-requisite of a truly free people.

The International Society for Ecology and Culture (ISEC)

PO Box 9475 , Berkely, CA 94709

www.isec.org.uk (510) 548-4915. infousa@isec.org.uk

Helena Norberg-Hodge's organization. Promoting locally based alternatives to the global consumer culture. The International Society for Ecology and Culture (ISEC) is a non-profit organisation concerned with the protection of both biological and cultural diversity.

ISEC has worked in more than a dozen countries, from the UK and the USA to Thailand and Bhutan. Their programme in Ladakh, or 'Little Tibet', where they have been running a wide range of 'hands on' projects since 1975, has won international acclaim for countering the negative effects of conventional development in that region. ISEC has now established an 'Ancient Futures Network' to bring together groups and individuals from every corner of the world that are struggling to maintain their cultural integrity in the face of economic globalisation.

Bringing the Food Economy Home: Local Alternatives to Global Agribusiness. Helena Norberg-Hodge, Todd Merrifield and Steven Gorelick. 2002, Kumarian press. Available from ISEC.

Ancient Futures: Learning from Ladakh

Helena Norberg-Hodge. 2002, Sierra Club Books. Available ISEC.

RAFT, Renewing America's Food Traditions

Center for Sustainable Environments, Northern Arizona University,

PO Box 5765 , Flagstaff, AZ 86011-5765

(928) 523-6726. www.environment.nau.edu/raft

Gary Nabhan, the founder of RAFT, is a well-known ethnobotanist and author from the Southwest. Gary was on the panel with Helena at the Tilth Conference and gave a workshop on creating local/regional food systems.

Renewing Salmon Nation's Food Traditions

Gary Paul Nabhan. 2006. RAFT. 66 pages. \$5.95

A RAFT list of food species and heirloom varieties with traditions at risk and in need of recovery in the Greater Pacific Northwest. It covers domesticated crops, sea foods and wild foods. If you want to eat local, this is a great book because it details food that is unique to salmon nations, including heirloom varieties that originated here. Value our local foods and keep them alive. As Nabhan says, "Eat it, to save it".

Reviving America's Food Traditions: Bringing Cultural and Culinary Mainstays from the past into the New Millennium.

Gary Paul Nabhan and Ashley Rood, editors. 2004, 82 pp. \$12.

Linking Arizona's Sense of Place to a Sense of Taste:

Marketing the Heritage Value of Arizona's Place-Based Foods. RAFT. Arizona has more heritage food diversity and a longer history of farming than any other state. This book outlines how people are taking steps to preserve their food biodiversity and to re-create new local food systems. A great book for anyone promoting local food systems.

HARMONIZATION

Escaping the Matrix: How We The People Can Change the World

Richard Moore. 2005-2006. 209 pages. \$15.95. CyberJournal Project, 570 El Camino Real, #117, Redwood City, CA 94063.

<http://cyberjournal.org/> <http://escapingthematrix.org/>

This book describes the concept of harmonization as a way for local communities to do democratic decision making together. A community-centered dialog. Part of the book describes how we got ourselves into the situation of a dominator society ruled by elite interests. The most important and practical part of the book describes a way for communities to dialogue together to discover their common interests and increase harmony. Sound daunting? Read the book.

Ecovillages & Small is Beautiful

Global Ecovillage Network

www.ecovillage.org

Their website leads you to regional networks in Oceania, Europe and the Americas and from thence to ecovillages all around the world. Great network and great website. Strongly linked to the permaculture movement.

Ecovillages: New Frontiers for Sustainability.

Jonathan Dawson. 2005, \$14. 94 pages. Chelsea Green Pub., White River Junction, Vermont. 802-295-6300. www.chelseagreen.com Publication #12 of the Schumacher Briefings.

I have just read Dawson's book and find it inspirational as well as pointing to many healthy trends in the world. It gives me great pleasure to see how the intentional communities movement, which I have been a part of for 30 years, is indeed affecting larger change. It is a small book, hence economical of time to read, yet it covers a lot of bases. Chelsea Green Publishing, by the way, is one of the biggest publishers of books on sustainability topics.

The Schumacher Society

www.schumacher.org.uk

Promoting Human-Scale Sustainable Development. Founded by E.F. Schumacher, author of "Small is Beautiful".

Interesting, recommended websites

In a past newsletter I gave a long list of websites I especially pay attention to. That list is on our Friends of the Trees website. Here are more.

www.nealadams.com/nmu.html

The expanding earth theory. All planets and moons are expanding. Great animations. Check this out.

www.matthewbooks.com

Channeled messages. Inspiring. Saying that the dark ones' days of influence on earth are drawing to an end. I certainly hope they are right. Click on Matthew's Messages at the bottom of the home page.

www.purusaxena.com/

A Hong Kong financial analysis of the current world monetary situation. Click on sample newsletter and on Short Reports.

<http://www.worldpeaceemerging.com>

Finally, a website that focuses on inspiring good news from around the world. Great list of festivals around the US and international.

www.ipc8.org/

Website for the 8th International Permaculture Convergence and Conference, Brazil, May 2007

www.indiancountry.com

A weekly newspaper with news from Native Americans around North America and also from South and Central America.

www.farmingsolutions.org/

Sustainable farming examples from around the world.

www.growbiointensive.org

The website for John Jeavons, bio-intensive gardening and Ecology Action. A great source on info on how to grow more vegetables than you ever thought possible on less land than you can imagine.

www.foodsecurity.org

Food Security Coalition. Best nationwide source.

www.involved.com/scut/

Great gardening resources with links. Intensive small space gardening.

www.journeytoforever.org

Journey to forever. Biofuel trip around the world. Lots of articles and links. Far more than just biofuels. Sticking up for indigenous peoples.

<http://www.droughtoutlook.com/future.html>

Looks at the history of US droughts over the last 2000 years.

<http://www.drought.unl.edu/dm/monitor.html>

Map of current drought condition areas.

<http://home.att.net/~thehessians/newcropreport.html>

Crop info from around the world. With emphasis on crop failures.

<http://home.att.net/~thehessians/disasterwatch.html>

Global Disaster Watch website

Climate Change information

Micheal Sunanda is a radical researcher on climate change. He has a long list of websites on climate change, plus sends emails on latest discoveries. michealspun@yahoo.com

2006 Herb & Seed Production Report

Wildcrafting and growing medicinal herbs and seeds is Friends of the Trees main income. In early spring I sold my 7-year-old, two-acre, herb planting near Twisp (north-central Washington) to Chris Doree and Lexi Koch. They have started a new herb company called Ancestree Herbals.

In Spring 2006, I planted a half-acre garden at Riversong Farm in the Hood River valley, Oregon. It was an intensive planting of medicinal herbs, berries, vegetables, culinary herbs, trees and shrubs. The soil is excellent and the plants grew very well. The fall plant inventory shows a tally of 160 plant species on site in the first year. We had good annual crop production and some perennial crop production. Perennial production will increase in 2007. This winter I will be wildcrafting the usual winter harvests of usnea, lungwort, devil's club, Oregon-grape, nettle root, cottonwood buds and others.

Herb Propagation Stock for Sale Root Divisions and Rhizomes - Spring 2007

Skullcap, Horseradish, Spikenard (*Nardostachys jatmanii*). Hops, Marshmallow, Elecampane, Goldendrod, Pennyroyal, Chinese-artichoke (*Stachys affinis*), Nettles, Figwort, Russian Comfrey, Turkey Rhubarb, Puget Sound Mugwort, Butterburr (*Petasites palmatus*), Field Mint (*Mentha arvensis*), Beebalm (*Monarda fistulosa*), Betony, and *Gymnos-temma pentophyllum*. Price list available on request.

Dried Herbs in Stock

Lots of dried herbs are in stock, both cultivated and wildcrafted. All of our herbs are collected and processed with hand tools and loving care. Our quality is considered among the best in the trade. Still, we don't have enough market. Can anyone help?

Alfalfa, Arborvitae, Balsamroot root, Betony, Blessed Thistle, Bugleweed, Burdock seed, California Poppy, Comfrey leaf, Cottonwood buds, Devil's Club rootbark, Feverfew, Figwort, Goldenrod, Gumweed, Hops, Horehound, Horsetail, Lady's Mantle, Larch bark, Lomatium root, Lungwort, Marshmallow leaf, Meadowsweet, Motherwort, Mugwort, Nettle seed, Nettle root, Oats in the milk stage, Oatstraw with milky oats, Oregon-grape root, Pipsissewa, Redroot root, Redroot leaf, Rue, Spilanthes, Sweet Annie, Tree of Heaven bark, Usnea, Wormwood, Yarrow, Yellow Dock. Amounts and price list available.

Seed for Sale

Medicinal herbs and native plants. All of our seeds are grown or wildcrafted by Michael Pilarski. This year we harvested seed from about 30 species (usually we collect over 50 species each year). Major harvests this year were Sweet Annie (50 pounds!), skullcap and holy basil. Seed amounts and prices available on request.

Teaching

Michael Pilarski led the teaching team of two, successful permaculture design courses in 2006. Wise Earth course, March 18-April 1 near Snohomish, Washington and a Hot

Springs, Montana course, Sept 23-Oct 7. Herb education this year included two, 3-day field classes for Bastyr University and the National College of Naturopathic Medicine.

Sweet Annie, Qing Hao (*Artemisia annua*)

Friends of the Trees grew a bumper crop of sweet annie seed in 2006. 50 pounds of seed, And we still have 10 # of seed in stock from 2005. 397,600 seeds per ounce. 6,361,600 seeds per pound. 360 million seeds in all.

That is enough to plant about 6,500 acres at 55,000 plants per acre.

I am seriously overstocked!

Seed for sale

\$3.00 per generous seed packet

\$10 oz. \$100 lb. 10# or more is \$50 lb.

Friends of the Trees will donate seed to public health organizations working in Africa, Asia, Pacific, Central and South America or wherever malaria is a problem.

Sweet Annie, as well as the extract artemisinin, are both significantly effective in treating malaria. "Artemisinin has become the choice for malarial treatment worldwide because it is also effective against resistant strains of the organism. Ninety-eight percent of malarial parasites are generally killed with 24 hours with use of the herb or its constituent." Stephen Harrod Buhner in his 2005 book "Healing Lyme".

Sweet Annie is also useful in treating Lyme disease. It has recently been proven helpful as an anti-tumor and anti-cancer treatment for leukemia, breast cancer, colon cancer, bone cancer, and lymph cancer. *Artemisia annua*, Qing Hao, is from China and is used in traditional Chinese medicine. Other medicinal *Artemisia* include wormwood, mugwort, tarragon, southernwood, and many of the western sagebrushes.

Kenya and Tanzania have become the world's leading producers in the past few years, but China is ramping up production big time, with lesser amounts in Brazil, etc.

Sweet Annie is one of the largest annual plants I grow. Each bushy plant can grow 4 to 6 feet tall. It self seeds in the garden to some extent but has not become a troublesome weed in my garden

Sweet Annie has other, more mundane, medicinal uses besides malaria, Lyme disease and cancer. Perhaps it can help you some day.

The herb is used as a tea, or as a tincture for easy transportability.

I have 40 # of Sweet Annie leaf in stock. Sifted, no stems, high quality. \$22 per lb. 5# or more is \$16#. 25# or more is \$14#.

Books for Sale from Friends of the Trees

Growing and Wildcrafting Medicinal Plants in the PNW. \$23

Permaculture: Principles and Pathways Beyond Sustainability.

David Holmgren. \$28

A True Fairy Tale. Daphne Charters. \$18

Ethnobotany & Ethnoecology Resource Guide. \$20

Restoration Forestry: An International Guide to Sustainable Forestry Practices. \$27. (The last 400 copies in print are being shipped to me.)

Add 15% for shipping. Send orders to Friends of the Trees address.

Friends of the Trees Society
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Henry C K Liu

A great read on
current world economy and conflicts.

<http://henryckliu.com>

Independent Critical Analysis and Commentary

I read a bunch of Henry C K Liu's writings last night (Dec 19). My first impression is that it is one of the most brilliant analyses of current world politics and economics I have seen. (MP)

*I understand the role of the US dollar in the world financial structure much better now.

* I understand world trade better.

* It also makes clearer the position of the US in the world family of nations.

* I also understand the history of China better and its situation today. 70% of the Chinese economy is now export trade. Amazingly, only 30% of China's production stays in the country. Liu explains how this has been at the expense of rural people's incomes and environmental degradation. The recent 5-year plan indicates steps are being taken to reverse this trend because the 60% rural Chinese people are becoming increasingly unrestive. The solution, according to Liu, is for China to divert much more of its production to domestic consumption and a reining in of the widening gap between rich and poor.

* I also understand better the Middle East political situation and its history.

* Liu discusses the responsibilities of governments to their citizens. One of them being full employment. Another of the main national responsibilities of a government is to rein in corruption. Corruption has gotten out of control in many countries in the world. Liu points out that China currently faces many challenges in this regard, as does the US.

* Liu has proposed a global union of labor in the developing world countries.

<http://henryckliu.com/page37.html>
Takes you directly to Part I of his proposal -
World Trade Needs a Global Cartel for Labor (OLEC).

<http://henryckliu.com/page109.html>
Takes you directly to a Dec 13 article on the recent high-level US trade delegation to China.

"Rubinomics" is a doctrine of aggressive trade liberalization paid for by squeezing domestic and foreign workers while balancing the fiscal budget at home by cutting social programs to avoid the need for raising taxes progressively. The Clinton Federal surplus came directly from the pockets of workers. Yet Rubin has said publicly that he understands that income inequality, both domestic and around the world, will produce a political backlash at the core that threatens the neo-liberal trading system, even the stability of capitalistic democracy. Rubin acknowledges the ill effect of globalization on US wages which takes on political significance when the squeeze shift from just the poor who seldom vote, to the politically active

middle class. The favoritism of government policy towards the rich, particularly the tax structure, has become so embarrassingly obscene that even the super rich such as Warren Buffet complained about its unfairness." Quote from Henry C K Liu at:
<http://henryckliu.com/page109.html>

Tending the Wild: Native American Knowledge and the Management of California's Natural Resources. M.

Kat Anderson. 2005. Univ of California Press. 526 pages.

I highly recommend this book to everyone interested in wild plant uses, ethnobotany and/or native habitat restoration. This is one of the best, perhaps the best so far, of the texts explaining how Native American tribes co-created the abundant ecosystems that the European explorers found. Every region of the Pacific Northwest will find information valid for their area. Let's compare Kat Anderson's book to *Tending the Wild* by Nancy Turner and Douglas Deur, also published in 2005. Turner and Deur reported on Native American land and ecosystem management in the coastal Pacific Northwest - British Columbia, Washington and Oregon. *Tending the Wild* was the first book (that I am aware of) that has elucidated the long time interval and intermediate steps between true hunter-gatherers and agriculturists. Turner and Deur's book has worldwide implications. Kat Anderson's information is similar, but focuses on California bioregions. Anderson goes further into the details of what plants were worked with and how. There is a lot of practical knowledge. Anderson's specialty is basketry so managing the ecosystem for basketry materials gets a good deal of attention. The principle focus of the book is the native methods of caring for the land. There is also a focus on plant foods and a section on contemporary harvesting and management. The information on restoring landscapes with native knowledge should be read by all restorationists in the Western US.

Keeping it Living: Traditions of Plant Uses and Cultivation on the Northwest Coast of North America.

Douglas Deur & Nancy J. Turner. 2005. University of Washington Press. 402 pages.

Restoring the Pacific Northwest: The Art and Science of Ecological Restoration in Cascadia. Dean Apostol and

Marcia Sinclair, Editors. 2006. Island Press. 475 pages. Overview of the current state of the art. It covers a wide range of ecosystem types. Bunchgrass prairie, shrub-steppe, ponderosa pine and interior forests, Oak woodlands and Savannas, old-growth conifer forests, tidal wetlands, etc. Chapter 16 is on Managing Northwest Invasive Vegetation. Chapter 17 is on Traditional Ecological Knowledge and Restoration Practice. A good region-wide overview, but it doesn't go into specifics (nuts and bolts info). The extensive reference sections, however, can lead readers to much deeper information. The restoration movement as a whole is maturing. Practical on-the-ground experience, and learning from failures and successes is adding up. What we need now is to increase the restoration labor force to ten times its present size. The level of landscape work needed could easily utilize 100 times the current restoration workforce. This scale would mean restoration would become one of the major employers in rural counties. Comparable to, or larger than, National Forest Service staffing. If it was a rural timber economy, then the restoration workforce could equal that of the logging/timber workforce.

NEW BOOK !

Garden Planet: The Present Phase Change of the Human Species.

Highly recommended!!

Pathways out of the mess we are in.
See at: www.gardenplanetbook.com