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News from Reeves Mountain School

August 2011

*A Division of the PAAK Foundation, an Arizona 501(c)(3) nonprofit organization
Peter Bigfoot, Founder and Director / Patricia Busnack, Office Manager and Editor*

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Here's a photo of Peter and Patricia at the Globe-Miami farmers market in early August, with some of our organic greens, eggs, tomatoes, and seeds. We've been attending the market every Saturday morning this summer (we missed only one weekend, when P & P were in Alaska), and it has become a highlight of our week. We start harvesting on Friday, preparing whatever can be done a day ahead, and then we wake early on Saturday to harvest greens, pack the truck, and get to the market in time to set up before the 8 a.m. opening bell.

To be honest, there is usually some grumbling here and there about getting out of bed at 4 a.m. to harvest and wash greens in the dark ... but once we get to the market, we're always so glad to be there. We are the largest grower, and it seems that customers have come to count on our presence. New customers are appearing every weekend, including some from Superior, Tucson, and the Phoenix area. Buyers are lined up at our table by 8 o'clock, and typically we sell out of some of the "hot" items (fruit, tomatoes, and eggs) within an hour. Once the rush slows down, we spend the rest of the morning visiting with our Globe friends and educating people about organic gardening and cooking, and we generally sell more than 90 percent of what we bring. Just as it's been throughout history, market days have been a chance for farmers to

visit town, see friends, and catch up on local happenings. We sure enjoy it!

The month of August ended with some fun excitement - Channel 12's Scott Light visited, along with Rich Prange, a photojournalist, to gather material for a feature on Reeves. They spent a night in our cabins and then toured the farm and interviewed Bigfoot at length. We don't know the air date yet, but will put a link on our website as soon as the story is available online.

All in all, though, August was a quiet month. We attended the Globe farmers market each weekend, and spent a few days in Phoenix seeing doctors in preparation for Bigfoot's surgery (more about that below). Peter worked on the swimming pool masonry, with help from our friends Sergio and Charles, adding a ramp and sun deck - big summer fun! Now if we could just get some rain to fill the swimming hole - that would be so nice!

Wyndy, who was with us since the spring, returned to school in Flagstaff - we miss her big smile and beautiful voice! Our dear friend Charles also moved on, at the beginning of the month, but we're delighted that he's already been back for a long visit - so we hope he will continue to come to help out whenever he can. With his many skills and love for putting in a full day's work, he is an enormous help as well as a great friend.

Our intern Davi is a sweet and helpful presence, as she continues her studies in natural healing and survival skills for a Prescott College independent study. Here's a story that shows just how harmonious she is. A few days ago, she discovered that a hummingbird was trapped in our SUV, after we'd left a door open. She got in the car with it and asked permission to spend a few minutes with it and take some pictures before she let it out. Apparently it agreed, because Davi has amazing photos of the hummingbird calmly perched on her hand, next to her cheek!

Seems like August always finds us looking forward to the future - mainly, excited about the coming of fall weather! This year we're also anticipating big events in the next two months. Bigfoot will have hip surgery on Sept. 12 and then will take some time to recuperate. Three new interns are scheduled to arrive in early October to help out during his recovery, and, we hope, tackle some big projects after that.

We continue to be thrilled and astounded by our new solar water pump - please see details below. We're also excited to be making Bigfoot's plant study book available online - more about that is also below.

For more information (and pictures!) about the farm, Peter Bigfoot's herbal remedies, and classes and events, please visit www.reevismountain.org.

Reevis's Amazing New Solar Water Pump



In the last newsletter we announced that our new solar water pump is operational - but we have continued to be so excited and amazed by the new system, that we want to tell about it again!

We held a fundraiser last fall and finally fully funded the project in March. (The total cost was about \$5,000.) By then we had already acquired the solar panels, four 175 watt Sharp modules, through CentroSolar of



Scottsdale. In May Peter and Charles built a steel tower and aluminum rack for the panels.

Our intern Peter Vincent dug a foundation hole, and the tower was installed at the bend of the road near the water tank. In July, our awesome neighbor Brandon brought up his backhoe tractor and made the sump hole, doing a month's worth of manual labor in one afternoon. Then Peter, Charles, and our friends Sergio, Xan, and Jeff constructed the sump area and a beautiful stone masonry wall along the creek, and we installed the pump into the sump hole.

Our friend Dennis Reed completed the electrical work. Dennis not only set up the basic system but also added shutoffs so that if the water tank began to overflow or if the water level in the creek became too low, the system would stop. And then - abracadabra - it would start again when the tank level dropped or the creek level rose!

When we began the project, we were excited about being able to eliminate our gasoline pump, for the sake of sustainability and maintaining our peaceful environment - and we are very happy to have accomplished that. What we didn't anticipate was the fact that now we have a system that operates silently, sustainably, and almost completely automatically. We are amazed by the way the water tank keeps filling up, seemingly by magic, and we don't have to do a thing! (Whereas before in the summertime, Peter and Patricia often had to wake up at 1 a.m. to turn the gasoline pump on so we would have water in the morning.) No more midsummer trips to the gas station for barrels of gasoline, and no more worries about spark plugs, water in the carburetor, or moving the pump out of range of flooding!

It feels like a miracle every day, to have the water that we so vitally depend on come to us in a continuous supply, brought to us simply by the sun. We are so grateful to all our friends who supported, encouraged, and worked on this awesome project.

Bigfoot's Useful Wild Western Plants Online

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Big news! Bigfoot's plant study book - encompassing just about everything he knows about wild western plants, from decades of experimentation, study, and use - is going to become a free online resource.

Until now, the only way to receive a copy of this book was to attend one of Bigfoot's plant study classes. Every student received the famous green three-ring binder with the glossary in front and blank cardstock pages to tape samples onto. We've heard many former students still have and use their books years later!

We have received many requests to make the book available outside of the classes, but because of the cost and design of the book, it just didn't seem workable to do that. We considered publishing it as a printed book, with color photographs, but the cost and effort involved in that project were daunting.

But recently our friend Mel suggested the possibility of making the material available online, supported by donations. We were excited to realize how well this could work! The book would be available worldwide, to anyone interested in the information ... and we could make additions at any time, as Bigfoot continues to learn more about these plants. We could easily add photographs of the plants at different times of year, as well as some beautiful line drawings made for Peter by the artist Kentree Speirs. And we

could start small, with just a few plants - so that we can start to make the information available right away and add to it as Bigfoot's time permits.

The website is live now at [usefulwildwesternplants.reevismountain.org](http://usefulwildwesternplants.reevismountain.org). We are starting with seven plants, intending to add more on a frequent basis, as Peter reviews and approves the new pages. Please visit the site, recommend it to your friends, and use the information for your joy and health.

### Coming Events

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- Globe Farmers Market**, Saturdays through Oct. 1, 8 a.m. - noon (free!)
- Wilderness Injuries lecture**, at REI in Tempe, September 8, 6:30 p.m. (free!)
- Oriental Acupressure class**, at RMS, September 29 - October 2 (\$238)
- Nature Retreat**, at RMS, September 29 - October 2 (\$128)
- Herbal Pharmacology (Medicine Making) class**, at RMS, October 7-9 (\$178)
- Nature Retreat**, at RMS, October 7-9 (\$88)
- Oriental Acupressure class**, at RMS, October 27-30 (\$238)
- Nature Retreat**, at RMS, October 27-30 (\$128)
- Celebrate Thanksgiving at Reeves**, November 24 (\$40)

Please see below for more information, and visit [our website](#) to register for RMS classes and events.

Wilderness Injuries Lecture at REI (Tempe), September 8, 6:30 p.m.

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In this lecture Bigfoot will describe how he treats backcountry injuries using natural remedies. In thirty-five years of leading wilderness treks and living off the grid, Bigfoot has treated injuries and conditions including sprained ankles, snake bites, broken bones, severe burns, heat stroke, and anaphylactic shock. He will teach you how to do it, and his fascinating stories of healing and survival will amaze and inspire you.

Please come say hello! Books and remedies will be available after the talk. For information about the REI location in Tempe, [click here](#).

### Oriental Acupressure, at RMS, Sept. 29 - Oct. 2 or Oct. 27-30, \$238

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A doctor may not be available when you need one - now you can learn to take care of yourself! Oriental Acupressure is a simple and profoundly effective healing art founded on the understanding of the human body as animated by life force energy that constantly flows through meridians in and around the body. Most illness is caused by a restriction in the free flow of life force. Oriental Acupressure is an art designed to reestablish that free flow and return us to our natural state of being: painless, joyous, and loving. You will learn the philosophy of Oriental Acupressure, the meridians and pulse points, diagnosis through reading the pulses, techniques of touch healing, and first aid with Oriental Acupressure. Includes Bigfoot's *Book of Ancient Natural Remedies*. Three days. [Click here to register](#).

Nature Retreat at RMS, Sept. 29-Oct. 2 (\$128), Oct. 7-9 (\$88), or Oct. 27-30 (\$128)

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Enjoy two or three days and nights in RMS's magical wilderness sanctuary - a place of inspiration and peace, a space to experience inner tranquility. Includes lodging in a [yurpee](#) (cabins available for additional charge); healthful and hearty organic meals from our garden; informal nutritional counseling; and ample time for relaxation or hiking in nature's beauty.

Complimentary shuttle picks you up at 4 p.m. Thursday or Friday in Roosevelt and returns Sunday afternoon.

This fall we are offering Nature Retreats on the same weekends as our scheduled classes (Oriental Acupressure and Herbal Pharmacology). Enjoy hiking or relaxing during the day, and join the group for meals. [Click here to register.](#)

### Herbal Pharmacology (Medicine Making), at RMS, October 7-9, \$178

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Peter Bigfoot has been making herbal remedies for over twenty-five years. In this class he teaches how to gather, dry, process, and store herbs; methods of preparation (tea, decoction, fomentation, poultice, salve, tincture, and more), and the properties of medicinal and culinary herbs. Take home a salve and tincture made in class. Two days. [Click here to register.](#)

Celebrate Thanksgiving at RMS, November 24, \$40 per person

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Each fall we invite friends old and new to join us for Thanksgiving dinner and a day in RMS's magical wilderness sanctuary. We'll serve turkey raised here, side dishes from our organic garden, whole-grain bread, and homemade pies. Relax in our beautiful valley or hike through the surrounding mountains, and then gather for the meal in the early afternoon.

Complimentary shuttle departs from Roosevelt at 10 a.m and returns to Roosevelt after the meal. Overnight lodging options include breakfast and shuttle on Friday. [Click here to register.](#)

### Planning to attend a class or event?

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Classes held at Reevis Mountain School include: meals (*arrival night meal is a potluck party - bring a healthful, natural dish to share!*), class supplies, hot showers, and campsite. Camping is free, or stay in a [yurpee](#) (\$10 per night) or cabin (singles \$25 per night, doubles \$50 per night) - availability permitting. Yurpees and cabins have beds and pillows; bring your own sheets and blankets or sleeping bag. **Complimentary shuttle service** from Roosevelt, 10 miles one way - or caravan in your own 4X4. **Shuttle pickup is at 4 p.m., first day of class (please note exceptions listed in class descriptions)**, at M&S Marine, Hwy. 188, Roosevelt (between milepost 233 and 234).

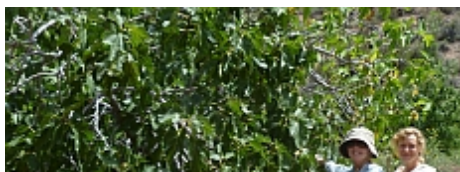
Early Registration: 10% discount if you register with full payment 30 days prior to class date.

To Register: 3 ways: visit our [website](#) and register online; or mail your name, phone number, postal and email addresses and full payment or a 50% deposit to the address below; or [email](#) us with this information and mail a check or request Paypal instructions. Indicate whether you will need shuttle service from Roosevelt and/or wish to rent a yurpee or cabin instead of camping. Balance due prior to class.

RMS, 7448 S. J-B Ranch Rd., Roosevelt, AZ 85545

or www.reevismountain.org/Calendar.html

What We're Growing, Harvesting, and Eating



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We'd like to share with you what's going on in the garden, the orchard, and the kitchen - the vegetables we're planting, the bounty (fruit,



veggies, livestock, and herbs!) we're harvesting, and how we turn our harvest into nourishing, delicious meals.

### What We're Growing

As our summer crops fade, we are starting to plant for the fall, beginning with turnips and rutabagas - more brassicas will follow. Our challenge is to keep the seeds and young plants moist - if they dry out even briefly, they may die, and we've had to replant several vegetables because they either didn't germinate or failed to grow. On the bright side, the grinding corn will be ready to harvest soon, and our winter squash is taking over its big patch and starting to produce young squashes (delicious to eat at this stage!).

### What We're Harvesting

During August we harvested small crops of peaches, figs, and grapes. The birds and bees were stiff competition, so we harvested early whatever we could. The garden this month has been treating us to some magnificent watermelons - varieties like Moon and Stars and Klondike, some with pink flesh and some with orange, and crossbred melons from saved seed - full of pleasant surprises. With the heat and humidity we've had this month the watermelons have been a delightful remedy! We were grateful that the weather allowed a crop of lettuce to mature without bolting, so we had romaines and curly endive for cool green salads. Lots of cucumbers, some green beans, a few tomatoes, a little bit of okra, and we were happy!

### What We're Eating

Every meal at RMS is built around greens, whole grains, and meat or eggs. In August we enjoyed lots of the pink salmon that Peter and Patricia brought back from Alaska, plus grilled squash, peppers, and onions; steamed or sauteed green beans and carrots; all sorts of cucumber salads ... and, for special treats on sweltering afternoons, frozen persimmons from last winter - a real delicacy! And for summer beverages we enjoy cooling teas like wild grape leaf; lemongrass, peppermint, and red clover from our garden; and hibiscus.

Many of our favorite recipes are available on our website - [click here!](#)

### How to Purchase RMS Remedies

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Peter Bigfoot's herbal tinctures and salves are available to order direct from RMS by email (orders@reevismountain.org), phone (928) 467-2675, on [our website](#) (click on Country Store), or by mail (7448 S. J-B Ranch Rd., Roosevelt, AZ 85545), or at these local retailers:

Phoenix: [Healthy Habit](#), 6029 N. 7th St., and [Total Body Awakening Legacy](#), 602-774-0160

Mesa: [Preparing Wisely](#), 144 S. Mesa Dr.

Tempe: [SWIHA](#)'s bookstore, 1100 E. Apache Blvd., and the [Natural Medicinary](#) at Southwest College of Naturopathic Medicine, 2164 E. Broadway.

Flagstaff: New Frontiers Market

Sedona: New Frontiers Market

Bigfoot's books are available at these retailers as well as at the [Superstition Mountain Museum](#) in Apache Junction, [Boyce Thompson Arboretum](#) in Superior, [Changing Hands](#) bookstore in Tempe, [ChocolaTree](#) in Sedona, and the [Herb Stop](#) in Pine, and from the [Token Rock](#) website.

We Welcome Donations

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RMS is a 501(c)(3) nonprofit educational organization; donations may be tax deductible. Cash donations are always welcomed with deep gratitude and will be put toward ongoing expenses, including the costs of housing and feeding our interns, who pay for their stay here in work rather than money. We also welcome in-kind donations. A "wish list" is on our website [here](#).

### Quick Links...

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- [Reevis Mountain School](#)
  - [Useful Wild Western Plants](#)
  - [RMS Herbal Remedies](#)
  - [RMS Class & Event Registration](#)
  - [Email RMS](#)

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"One climbs, one sees. One descends, one sees no longer but one has seen. There is an art to conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know." - Rene Daumal

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