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News from Reeves Mountain School

July 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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This newsletter is a little late - so much happening in the past week!

Probably the biggest news for those who know Bigfoot is that - after years of the pain and limitation of his bone-on-bone right hip - he is finally excited about going to a medical doctor to get a new one! The past few days Bigfoot and Patricia have been in the valley meeting with a surgeon, Dr. Michael Wilmlink, and getting medical clearances. We are super grateful to Dr. Patricia Gaines and Imani and Laura at the SCNM clinic and to our dentist, Dr.

Kent Saba, for making time for Peter to get a full check-up, EKG, blood work, and dental exam. We are hoping to have the surgery scheduled for the new moon at the end of this month. Peter will be in the hospital overnight and then will have a few weeks of recovery. And Patricia has started working out to be able to keep up with him once he's recovered!

Other big, happy news from the end of July is that our new solar water pump is now installed and operational! Our friend Dennis Reed generously spent two days here connecting the electronics, after Charles did all the hard prep work - mainly, digging

two trenches under the road, for the conduit and water pipe. This was after our good friend and neighbor Brandon brought his big machine up to dig the sump hole - a challenging task that Brandon completed wonderfully, in just a few hours. Charles reports that the pump is operating as hoped - pumping as much volume of water as the gas pump would, and even more with bright afternoon sun. We are delighted to have this project complete and to have had so much help and support in the process. Many thanks again to all who contributed money, labor, materials, or know-how. Some photos of the project are on our website in the photo gallery section, and we'll be adding more as soon as we can.

The month of July started on a note of mystery and cuteness. One night Peter had been up late working in the office, and went to bed about 10 p.m. Around midnight he remembered something he had forgotten down at the house and went down to get it, only to find, hanging out near the duck puddle in the backyard, five little ducklings! They hadn't been there two hours before, and no one had heard a vehicle come up the road. The ducklings were of different domestic breeds and ages, all under a month old. We adopted them immediately, of course, and put them in the pen with the other ducks. They are part of the family now, but the mystery remains ...

Another arrival in July, even more delightful than the ducklings, was that of Davi, a Prescott College student who is doing an independent study with us. Davi, from Missouri, brought her guitar and flute, a gallery of paintings, a lovely voice, big brown eyes, and an even bigger smile. Davi and our beloved Wyndy became friends right away and are now often heard harmonizing in the kitchen, on anything from show tunes to spirituals. Meanwhile, Charles continues to be a pillar of the farm and a great friend. We were also so happy to have visits from our friends Mel, who with her partner has a homestead in Concho, and Timothy, an old friend of Bigfoot's who now lives in Nicaragua.

A highlight of the month for Peter and Patricia was their annual fishing trip to Valdez, Alaska. This year, the weather was beautiful, Valdez not as crowded as usual, and the run was starting just as they arrived. They brought home over 150 pounds of filleted pink salmon. Since this is more than we can probably eat in a year, we're offering some of it for sale - please email Patricia if you are interested.

The Globe-Miami farmers market - every Saturday morning at City Hall in Globe - continues to be a fun weekly event. We have been selling lots of greens, fruit (including figs, plums, and grapes), the first squash and cucumbers of the summer, a few luscious tomatoes, eggs, seeds gathered in our own garden, and Patricia's baked goods. The market is still small, but we hope it will grow as word gets around. Still, we are able to sell nearly all of our surplus fruit and veggies there, and it's always great fun to see our friends and meet new people at the market. We are not coming to the valley with produce much this year, so if you would like a share of our goodies, please come out to the market!

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

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](#).

## Planning to attend a class or event?

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Classes held at Reeves 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

This season continues to be disappointing in the fruit department. We have had a good harvest of grapes, but, as for the plums that survived the spring frosts, the birds have eaten all of them. We have been using the bird cannon (a big noisemaker) and decorations on the trees to help keep the birds away, but those tactics have lost effectiveness. So now we've sent in the Fruit Protection Team, aka the Scare Bears! We bought the Globe Salvation Army out of stuffed bears, tigers, and dogs and have mounted them in the tree branches. It works!

We are now getting just a few peaches, and will have them available at the Globe farmers market on Saturday, along with the sweetest-ever figs and grapes! Soon we'll have jujubes, then pears, and we're looking hopefully toward the fall for persimmons.

### What We're Harvesting

There's more abundance to be found in the vegetable garden. We have lots and lots of kale, chard, and beets; sweet and hot peppers; carrots; and beans. The okra is starting to produce, and we are finding a few red tomatoes now that the temperatures have cooled a bit. We have lots of summer squash, including yellow crookneck and some unique varieties resulting from crossbreeding in our garden. But the cucumbers are slow to produce, this year.

### What We're Eating

Every meal at RMS is built around greens, whole grains, and meat or eggs. We are enjoying lots of purslane now, since our lettuce bolted earlier this month. Purslane is good raw in salads or stir-fried with onions, garlic, and basil. We're also eating lots of

raw veggies - good in hot weather - as well as summer squash every which way!

### Summer Squash Gratin

Slice summer squash very thin (we use a mandoline) and steam for a few minutes. Then layer the squash in an oiled baking dish with grated parmesan, fresh herbs (we like marjoram and basil), and sea salt and pepper. Dot butter on top (or drizzle olive oil over), and bake about 20 minutes at 350F, till heated through.

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](#)  
[RMS Herbal Remedies](#)  
[RMS Class & Event Registration](#)  
[Email RMS](#)

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"No one decides against his happiness,
but he may do so if he does not see he does it."
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- A Course in Miracles

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