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News from Reeves Mountain School

September/October 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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It has been two months since the last newsletter, and we have lots to tell you!

What's most exciting is that Bigfoot has a new hip! Through years of bone-on-bone pain, Peter tried every alternative therapy he could find - Rolfing, prolotherapy, resonance repatterning, Reconnective Healing, and lots more. Often they helped with the pain or functionality, but on x-rays the hip continued to degenerate. So, finally,

Peter decided to give the guys in the white coats a chance.

The surgery was done at Oasis Hospital in Phoenix by Dr. Michael Wilmlink. Dr. Wilmlink is 6-foot-4, a swimmer, and into organic food, and was strongly recommended by another farmer that Peter got to know through the Globe farmers market. The surgery took place on September 12 at Oasis Hospital in Phoenix. It was an awesome experience in every way! We had wonderful support from the nurse, Grace, and tech, Marcie, while Peter recuperated overnight. Peter fasted the first twenty-four hours, but Patricia was delighted to find out that the food at Oasis is delicious - they actually believe that food is important to healing! Oasis does only orthopedic and spinal surgeries - there are no sick people, so less chance of infection - and it has been open for only a few months. We would like to recommend Oasis for anyone who needs that kind of surgery, and Dr. Wilmlink for hip replacements. He is Bigfoot's hero!

Peter and Patricia stayed in the hospital overnight and then at a close-by hotel for another five days, to give Peter a chance to recover before undertaking the drive back to the farm. During this mini-vacation, Peter intended to work on his herb study book

but instead mostly lay in bed and rested ... when was the last time you heard the words "Bigfoot" and "rest" in the same sentence? It was the best thing he could have done. Meanwhile, Patricia knit a sweater, learned to play the dulcimer, and waited on Peter hand and (big)foot. Back on the farm, Charles, Davi, and our friend Mel were here to take care of the place while we were away. We are so grateful to them for being here so that we could relax and know the farm was in good hands.

It took about six weeks for the pain and effects of the surgery to wear off, but by the last week of October Bigfoot felt like new. Since then Peter has been enjoying doing all sorts of chores that had been too painful before - simple things like letting the chickens out in the morning and wheeling manure into the garden. That, in addition to getting back to the work he loves - he's been felling the eucalyptus trees that we lost in the freezes last winter, and completing the stone masonry work around the solar pump, with big help from our intern Travis. Since Peter is still in recovery from surgery, he was careful to keep the stones under a hundred pounds.

The first week of October we butchered a young cow that had suffered a broken leg during the county fair. While cutting up the cow Peter tried to pull the hip joint apart and then put it back together, the way Dr. Wilmink must have done. He couldn't figure it out and felt that much more admiration for the surgeon's abilities!

During the past two months some beloved interns have come and gone from Reeves. Davi, who was here for two and a half months doing an independent study for Prescott College, left at the end of September. We miss her joy and beauty, and all those Davi moments! Charles also left, at the beginning of September, but returned a week later to be here while Bigfoot had surgery. Charles has left again to help a friend build a house, but we hope he will be back soon!

At the end of September, Joshua and Donovan arrived on the same day. Joshua had just returned from three and a half years of working on farms in Spain, and brought a keen interest in permaculture and alternative agricultural methods. Donovan is from Kansas and came just with the intent of being of assistance. With Peter still on light duty during October, we deeply appreciated Joshua and Donovan's caring help and considerateness. We were sad to see them both leave before the end of October.

Just after Donovan and Joshua left, Mona arrived from San Diego! Mona is here as a permanent resident rather than an intern, meaning she intends to stay a long time, and we are all very happy about that! Mona is a beautiful light spirit with a calming presence and joy in being. She has lived off the grid before and for the past twelve years has worked as office manager of a dental practice. She will be helping Patricia in the office as well as assisting with chores and garden work.

The most recent arrival is Travis, from Grand Rapids, Michigan, who just arrived yesterday! He is eighteen, taking a break from high school. He is considerate and helpful, and very interested in self-reliance and spiritual development. We're looking forward to having him as part of our family for a few months.

During October we had lots of assistance from friends. We are grateful to Glen, Tom, Lee Ann, Paul, Regine, Jutta, and Robert for clearing saplings out of the creek, helping with auto repairs, and cooking during our weekend gathering. Then our friend Clare Marie visited overnight and brought lots of apples and pears from Pine, AZ. Peter just loves eating these fresh apples seeds and all, and Patricia turned some of them into apple-pear butter. Clare Marie, a professional massage therapist, also gave Peter and Patricia awesome massages! And our friend Kel visited for two weekends, helping with more auto repairs (we have six vehicles, so there's always something!) and improving

our computer systems. He was also gathering information to invent a sensor for the water tank that will save us from having to walk all the way up to the tank and climb to the top to find out how much water we have! We're sure going to be happy about that!

During October Bigfoot spoke at REI in Tempe and at Preparing Wisely in Mesa, to a total of about eighty-five people. He will continue to speak at various places in the valley. The next public event is at the Superstition Mountain Museum on January 26, when he'll be talking about his 1976 foraging trek. All of these events will be listed on the calendar on our website.

The last weekend of October was busy, with Peter teaching an Oriental Acupressure class; two new friends, Nikki and Glenda, here for a Nature Retreat; and a wilderness survival class from Scottsdale Community College visiting overnight. Bigfoot presented his trek slide show for the whole group and taught friction fire making to the survival class.

Meanwhile, a single duckling hatched from Lucky Duck's nest! This was Lucky's first success, after sitting on her nest for over a year. We named the duckling Daisy and loved her dearly for the three days she was with us. She chattered constantly, leapt up from her box to be held, and was incredibly strong - she could pin a person down on the sofa and keep them from getting up for as long as she wanted! We don't know why she decided to leave the planet - we sure miss her!

You might have caught the Channel 12 stories about Reeves that aired last week. Scott Light and Rich Prange, a photojournalist, visited here at the beginning of September. They took lots of footage of the farm and interviewed Peter at length. We were delighted with the first story, which we felt really caught the spirit of Reeves and conveyed Bigfoot's philosophy of Live What You Love so well. We were able to see the first story because it was available online, but haven't seen the second part yet - we're eagerly awaiting a DVD from Channel 12!

November began with a class from Gunnison High School coming for an overnight stay and service work. They are now backpacking through the Superstitions and will return in a few days before heading back to Colorado. This month will also include Bigfoot speaking to a class at Phoenix Institute of Herbal Medicine and Acupuncture, and what is shaping up to be a sweet Thanksgiving, with many old friends and family planning to be here.

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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- Celebrate Thanksgiving at Reeves, November 24 (\$40)**
  - Bigfoot at Superstition Mountain Museum, January 26, 2 p.m.** (\$5 fee to enter museum)
  - Bigfoot teaches at Winter Count, second week of February in Maricopa, AZ**
- The schedule of spring classes and events will be announced in the November newsletter. Please see below for more information about coming events, and visit [our website](#) to register for RMS classes and events.*

### 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, about 4:30 p.m. Overnight lodging options include breakfast and shuttle on Friday. [Click here to register.](#)

What We're Growing, Harvesting, and Eating



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

With the good help we've had the past two months, and with Bigfoot feeling more vigorous after his surgery, the garden is looking beautiful! Bigfoot has been planting successive crops of root vegetables and kale, as well as transplanting many volunteer lettuce and endive plants. The weather has just turned cold, and we're anticipating our first frost tonight (Nov. 7)! Patricia has been harvesting and drying culinary herbs, peppers, and the last of the tomatoes, in case we lose them to the frost. Our crop of winter squash is getting near ready to harvest.

What We're Harvesting

We've been enjoying lots of green beans, spinach, kale, chard, and peppers. And after a light fruit season this year, we are delighted to have lots of persimmons and olives this fall! Patricia has been harvesting the olives as they turn black and brining them for winter snacking. Brining takes about two months, and [instructions](#) are on our website. Bigfoot, Travis, and visitors to the farm have been relishing the fresh persimmons, and Patricia has plans to try new recipes for persimmon cake and pudding!

In September we harvested our crop of grinding corn. In past years we put the stalks through a chipper and returned them to the soil, but this year we made shocks - sixty of them! - and sold them to the City of Globe for fall decorations. Harvesting the corn and tying the stalks into shocks is a big job that we all pitched in to and finished in one afternoon. Thank you to Sena for being here to help! Then Charles, Davi, and Patricia sat under the green light of a persimmon tree and shucked the corn. The corn is now drying in the attic, and we'll be using our antique sheller to remove the kernels for storage. We grind the corn and use it often throughout the year for cornbread, grits, and hominy. The shelled cobs make great fire starters!

What We're Eating

Every meal at RMS is built around greens, whole grains, and meat or eggs. As the weather cools we have been enjoying warmer foods, like steamed greens, vegetable

soup, veggies cooked in a dutch oven, and braised beef ribs.

For classes and events at Reevis, Patricia often makes sesame-rice crackers that are always very popular. Here's the recipe:

Simple Sesame-Rice Crackers

I use fresh or leftover short-grain brown rice. It needs to be very sticky, so I either cook it in lots of water (about 4 cups per cup of rice) or, if it is leftover rice, re-cook it with additional water. When all the water is absorbed, let the rice cool and then mash it with a potato masher. Mix in sesame seeds (a good amount is about a quarter to a half cup for four cups of cooked rice) and, optionally, salt.

Now, prepare two or three baking sheets by coating them with olive oil. Place a portion of the rice mixture on the sheet and, using wax paper and a cylindrical bottle or glass, press it down to cover the entire sheet. It should be about a quarter inch thick. Gently remove the wax paper and then use an oiled pizza cutter or knife to score the crackers into shapes. Bake at about 250 degrees, or use a dehydrator, until the crackers are crispy. This will take a few hours.

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](mailto: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](#).

Reevis Mountain School also seeks like-spirited individuals to become long-term supporters. Shares in the organization that owns RMS's land are available. If you are interested, please [contact Bigfoot](#) by email.

Quick Links...

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[Superstition Mountain Museum](#)  
[Winter Count](#)  
[Reevis Mountain School](#)  
[RMS Herbal Remedies](#)  
[RMS Class & Event Registration](#)  
[Email RMS](#)

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 "Some things will always remain a mystery at this level of consciousness, and it is right that they should. So do not try to solve all the mysteries. Not at one time, anyway. Give the universe a chance. It will unfold itself in due course. Enjoy the experience of becoming." - *Conversations with God, Book 3*
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