



# MAMA TREE

## Fall on the Farm

Hello friends of [Mama Tree](#),

A few dozen heritage, centennial walnut trees grace the sides of our roads. They're left over from hundreds of groves planted across the valley in the late 1800s. We're lucky to enjoy their shade and the privilege to steward them. Walnuts were once a staple local crop, which makes sense: They're a versatile superfood, rich in healthy fats & protein (for humans and animals), and can be ground to make an excellent flour. Their fruity smelling leaves make potent medicinal teas and tinctures. And their hulls and shells make beautiful natural dye.



*Spooky season has come and gone and our resident Kitchen Witch, Madeline, has been busy brewing up batches of walnut butter to keep up with growing demand. L to R: Walnuts heading into the oven for a light roasting. Freshly processed walnut butter. The jarring process. Photos by Madeline Mikkelson*



*Using walnut hulls to make ink. L to R: Water being added to a pot of walnut hulls to boil. The finished ink before straining. The ink added to a refillable water brush for painting. Photos by Kate Bowen*

Aside from the reasons and ways we love to consume them, the trees are about the smartest crop you can plant in this area. The English Walnut tree is grafted onto our locally native California Black Walnut roots. This means that the part of the plant interacting with the soil has completely co-evolved with the soil's structure, microbiome, and climate. In other words, these trees have been building soil and sequestering carbon for 150 years on zero irrigation.

We're proud to offer a hyper-local, small batch, delicious, nutritious nut butter free of the guilt and anxiety that accompanies thirsty, intensive agriculture.





*Our final product. A perfect addition for any holiday table. Photo by Kate Bowen of Light Beacon Photography*

Have you enjoyed our walnut butter? We are looking for testimonials and would love to hear from you! Please [let us know what you think.](#)

### **Volunteer Days**

For the next few weeks, we are welcoming everyone (regardless of whether you have been here before) to come help us collect walnuts on Wednesdays from 9 to 11am and Sundays from 8 to 10am. Come harvest walnuts and witness our process of curing them. This is a time to enjoy the fall breeze under the trees while gathering this incredible superfood. All are welcome. To attend, please respond to this email.



*A group of Sunday volunteers gathering walnuts under a 150 year old tree. Volunteers are welcome to take home nuts!*

[Volunteer With Us](#)

## **Farm Tours**

Our next farm tours are Saturday, November 11th and December 8th. We invite you into the orchard for an educational tour geared towards those who want to dive deeper into the regenerative farming approach. Families and children are more than welcome!





*Product Supervisor, Madeline, on a farm tour, sharing notes about medicine making with wildflowers from our cover crops. Photo by Darlene Sanchez*

Farm Tour

### **Introduction to Permaculture - Daylong Workshop**

On Saturday, November 18th, join us for a day of introduction to permaculture design and agroecology. Get a basic understanding of permaculture design and agroecological systems thinking. See how we apply these principles with various regenerative strategies on our farm. And leave with hope, knowing humans can integrate into the landscape in ways that benefit the planet, build resilience, and accelerate beneficial ecosystem functions. We will provide a delicious and hearty vegan lunch. Please share with anyone you know who has been "Permacurious"!



*MAMA TREE team members, Abudu and Logan, teaching in our outdoor classroom during our Pruning Workshop.*

[Introduction to Permaculture](#)

In other news, we made a YouTube channel. Click the photo below to check out our latest video. Please share, like, and subscribe!



*Click the photo to see our YouTube video. Please like and subscribe.*

We depend on word-of-mouth and appreciate you forwarding this email to anyone you think may be interested in regenerative farm tours, or simply in reading stories from a regenerative farm.



If you're new to our work, sign up for our newsletter [here](#) to stay up to date on our land tending and various offerings.



*You can now find us at the Ojai Farmer's Market on Sundays*

Header photo by Darlene Sanchez Photography



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