



3 Visions Farm

Cocoagranola LLC

Life Everywhere

Issue 22 July 17, 2021



Good afternoon/evening everyone!

We're watching everything suddenly start to fruit like crazy! Each time we find a new tomato or bean, the excitement is palpable. Clearly the tomatoes are having a great time in the beds; just look at that height! They've nearly surpassed the grid that we created up top. Below I'll show you their progress and what we've got started in our plot out back:



(Black Krim Heirloom Tomato)



(Sungold Cherry Tomatoes)



(A baby Blue Lake Bean)



(We've planted yellow and red beets along with henpeck kale, collards and squash! More photos will be at the end of the letter)

There's a lot more going on than just our plants back here. The land around us is absolutely teeming with wild edible berries and herbs. We find deer fairly regularly snacking on the thimble berries or we stumble upon a beneficial plant beneath our path. Foraging has become a regular activity nearly every single day! Here's some of what we've found:



This cute flower is "Heal All" or *Prunella Vulgaris*. It's known for its many MANY health benefits, such as being an antibacterial, diuretic, anti-inflammatory, good for allergies, liver health and a host of others! Really check this plant out, it's pretty amazing. No wonder the indigenous have been using it for so long.



Wild Chamomile (sometimes called "pineapple cone") likes dryer, rocky soil as seen here. Much of it has exploded in our driveway so we've harvested the robust plants for drying. It carries a very light sweet and green scent.



This is St. Johns Wart and it's absolutely everywhere here wild. It's been studied to help with depression, PMS, eczema (topically) and more!

There's some serious power in the life of wild flora. It can support you if you know what to look for but you have to be careful and absolutely sure. We're studying every new thing we come across so that we can use our foraging to the best of our ability. Take a look at what beneficial's might be around you if you're able to. You never know what new flavor or medicine you could find. Many of the modern ones we have to date started somewhere in the wild.

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- Celena Meland

Gallery:

July 17, 2021



Our squash plant



One of our collards sprouting



Henpeck sprouts!



Look at the stems of the red beet leaves



The yellow beets have yellow stems too. Looking lively!



Our cabbage and lettuce has really burst into life over the past few weeks. Some of the cabbages have even started getting their round centers



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