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Winston County TRIAD by Claudell Weaver June 26, 2006



On Saturday June 17, 2006, three (3) car loads of ladies from the local TRIAD organization headed off for a much anticipated outing to Pickens, MS. The purpose of the trip was to visit the home of Mark and Earcine Evans to learn more about biodynamics gardening, herbal remedies and living in harmony with Mother Earth.

After following the directions of Mapquest.com (which proved to be wrong) and going a bit out of the way, we made several phone calls and finally had to be met at a local truck stop in Pickens to be led to the family "farm". The ladies shared a bit of laughter about our "pioneering trek" but we never lost our good humor and enjoyed each other's company and the lovely sunny weather.

We sat in chairs enjoying the shade and breeze of the flowering trees, quenching our thirst with refreshing bottled water, introduced ourselves to others and posed for the evitable photographs. The program began with Mrs. Evans providing a brief history of her year-old venture into improving her health, the health of her family and her new herbal business.

A former owner of a hair salon in California, she had seen her share of

problem hair, thin hair, damaged hair and over processed hair. She developed her own concoctions from products purchased at health stores when she could not find commercial products that would restore hair back to its healthy state.

Visitors were invited to walk along for the guided tour that began with herbs. We noted Yarrow, Chamomile, Stinging Nettle, Dandelion, Valerian, Lamb's Ear, Wormwood (good to discourage mosquitoes) and Mullen (to clear the lungs, ease earaches and inflammation of Arthritis). More familiar culinary herbs like Oregano, Sage, Lavender, Mint, Lemon Balm, Thyme, Basil, Dill, Feverfew, Ginger, Rosemary, Plantain and Patchouli (for fragrance) were also described.

The tour continued to several plots of vegetables and flowers planted together. Mrs. Evans noted that Marigolds discourage bad bugs and attract good bugs. She also pointed out that a "nature" area should be left to just grow whatever is natural for the habitat.

Abundant blooming Sunflowers, Marigolds and Zinnias added a certain beauty in every garden plot. Some of the vegetables included Cayenne Pepper (good for inflammation and flu), Collards, Turnips, Mustards, Kale, Spinach (planted in the shade and thriving!), Tomatoes, Eggplant, Bell and Sweet Peppers, Blue Potatoes (from Peru), Carrots, Zucchini, Sweet Potatoes, Cucumbers and Red Clover (beneficial to the prostate and ovaries).

An observation by the editor, was the absence of the "customary rows" usually seen in gardens and adding to the labor of a gardener. Mrs. Ev-

ans laughed and said I was correct. Rows are not necessary and they can indeed add to the labor. She stated that her father still plows rows in his nearby garden.

As we continued our walking tour, the sun and humidity began to become uncomfortable but neither stopped us and visitors continued to arrive through out the afternoon. The interest of the group was maintained as they listened and asked various questions about the gardens. We all learned lessons that dispelled many old ways we had heard from our parents, grandparents and others in our communities.

The editor was most impressed with the "nature" area, experimenting by planting vegetables (normally planted in cooler seasons) in the shade of a tree, sowing assorted greens seed together (harvest for a splendid salad), and of course, best of all, NO ROWS!

At the end of the "outdoor" tour, many of us sought the cool of the house, purchased some products and were treated to several colorful and tasty vegetable medley dishes. We said our good-byes, thanked the host and hostess and made our way back to Louisville. And this time we did not get lost!



Marketing workshop in Rayville targets small cattle producers



"You're not just farmers, you're business owners," Dr. Nelson Daniels told participants in Southern University Ag Center's Marketing Workshop held in Rayville, LA, on June 22. Dr. Daniels is on the staff of Praireiview A & M, Praireiview, Texas, and is a cattle producer himself.

Members of four north Louisiana HPI groups, Frank Taylor of Winston County Self-Help, and other minority cattle producers attended the event. The workshop was the second of a series of four that Southern is hosting, all of which focus on marketing opportunities for small cattle farmers.



Daniels urged participants to think of themselves as business owners when making decisions about their farm enterprise. He described several different avenues for profitable marketing that farmers should consider to maximize their income. He encouraged participants to look beyond selling calves a few at a time at the local auction. He discussed collaboratively selling by the truckload, satellite marketing, direct marketing to consumers, and niche marketing of animals raised without antibiotics or added hormones.

Dr. Dawn Mellion-Patin, SU agriculture specialist, and Orlando Phelps, USDA liaison with Southern University, encouraged those present to consider cooperative marketing of their cattle, which would enable small operators to sell in larger quantities and receive the same price advantages as larger producers. Elvadus Fields, SU outreach staffer for northeast Louisiana, said he felt that by working together producers in that area could get together a set of 50 similar calves to make up a truckload.

A follow-up workshop on July 20 will focus on cooperatives as a means of marketing. On August 19, a field day will be held in Farmerville at the farm of a cattleman who is selling calves by the truckload.

The Legend of R B. Colter by Frank Taylor

The legend R B. Colter has lived in the bold new city of "Greensboro" for more than forty years and he has reached legendary status after sixty plus years. He is known by his famous his Nickname "Pulp Colter" or perhaps the "Blues man."

He is the only person in east central Mississippi today that uses a team of mules to extract and transport timber to the local markets, additionally; he also uses his team of mules to plow gardens and sometimes as a source of personal transportation around the bold new city



of "Greensboro."

He is truly from the old school of surviving by the natural resources. Mr. Pulp Colter enjoys playing his guitar for relaxation and pleasure. The Greensboro community and surrounding areas can hear Pulp playing the blues sometimes into the late nights and this creates joy to the ears of most individuals. May the legendary

Pup Colter continue to bless Winston County with his work ethics and lust for life? We salute Mr. Pulp Colter.

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