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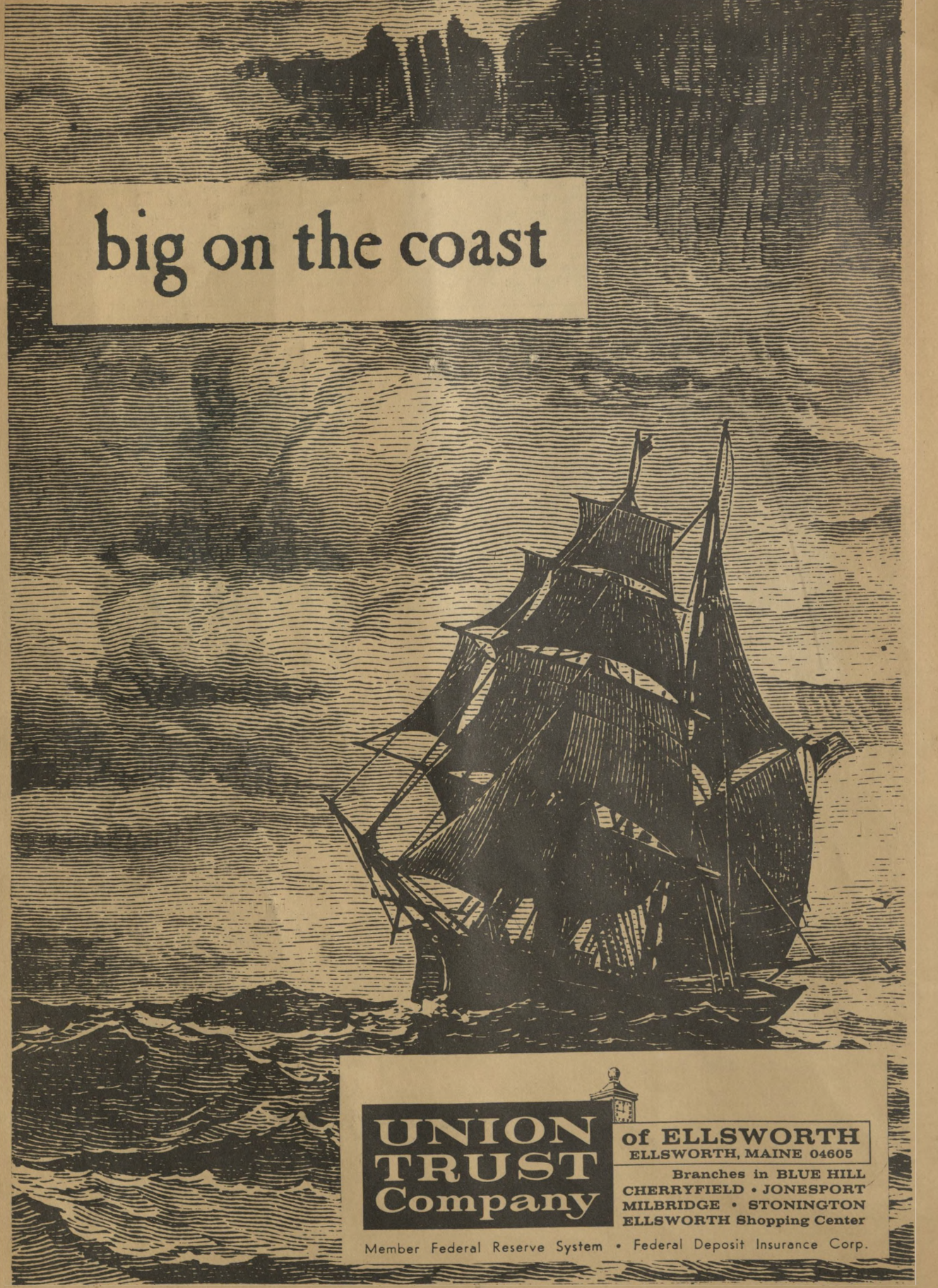


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# FARMSTEAD

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# Letters

I see a growing future for FARMSTEAD. I gobbled up your first issue — was it written for me? And my turkeys?

This is my first year small farming and I've started from scratch — just enough money to buy a small farm and I never had a garden before in my life, not even a house-plant.

Now I'm interested in cutting wood for sale, raising sheep, goats and calves, and bees. Cover, to cover, your first issue was written for me. Come and see us four times a year, at least.

Noel Krebs  
New Brunswick, Canada

I was very fortunate to receive as a gift a copy of the first edition of your very informative and enjoyable FARMSTEAD MAGAZINE.

I am sure a magazine like yours could and will be of value and enjoyed by many farm people in all the New England states and elsewhere. It has much to offer. To mention a few: wisdom, wit, and a touch of wonderful folklore that gives it a great appeal to all tillers of the soil.

Doris M. Tucker  
Chepachet, Rhode Island

We think your magazine fits in beautifully with our philosophy — promotion of self-sufficient living and alternate lifestyles.

Wendy B. Fink  
Garden Way Living Center  
South Burlington, Vermont

Your magazine is just what I've been waiting for these past four years. I'm sure I'll find many useful articles and some encouragement.

Helen Wallstrom  
Brooklin, Maine

Your magazine is very interesting and very well done. Keep up the good work.

Sue and Chan Duffy  
Blue Hill, Maine

To all it may concern! Thanks for the fine advertising. I'm very pleased with location and write-up. Also, I think your magazine is great; best of luck to you all in getting more editions out.

Anita Babson  
Rowantrees Pottery  
Blue Hill, Maine

Please enroll us as subscribers to FARMSTEAD, including the 1974 Fall/Winter issue and four issues in 1975.

Having grown up on small farms in this ever more populated area by a mountain not far from Washington, and having tried living in the congested suburbs, we're ready for land out beyond this metropolitan pressure.

Blanca and Steve Poteat  
Dickerson, Maryland

Your magazine looks great and I'm sure it will be successful in these times when so many people are turning to the land for a better life.

Choppy Wicker  
Norwalk, Connecticut

After reading your first copy of FARMSTEAD MAGAZINE I am impressed not only by the high quality of your articles and well-planned layout but of their practicality and everyday usefulness in providing for a self-sufficient farm. I have just completed building a plastic greenhouse and I wish I could have had access to your magazine beforehand.

Susan Sidwell  
Plymouth, New Hampshire

Now half way through our first summer in Maine, my wife and I have visions of learning more about farmsteading and, who knows, perhaps giving it a try. In any case, your magazine will help us set ourselves up and keep our minds at peace during our hectic school year in Massachusetts.

Jim Saltonstall  
South Penobscot, Maine

I picked up your magazine in the airport at Bangor on my way back to the states from Germany, and although I am from the Southwest, have enjoyed it and used it thoroughly. I also plan to pass it along to some folks up on the Puget Sound in Washington.

Jim Miller  
New Mexico

We have just finished a visit to your beautiful state, met some lovely people, and discovered your magazine. As avid readers, and followers of the Earth Movement, we wish you every success.

Richard and Luise Myers  
Darlington, Maryland

Why would anyone in Omaha, Nebraska want a Maine magazine? Because, I was "raised" in Cushing, Maine; my husband was "raised" in Mapleton, Maine!

Miriam Carter  
Omaha, Nebraska

Hi! Here's \$3.50 for a subscription to FARMSTEAD. A little short on pages for the price, it's a bargain in words that folks can use. We recommend it to everyone we talk to.

Marge and Bill Young  
West Buxton, Maine

We were delighted to discover your magazine.

Edward Kaynor and Leslie McCain  
Alfred, Maine



It is a pleasure to know that there is a magazine of this kind, that there are people who appreciate the earth and are living with it. In a place like Rhode Island there are also a few souls who appreciate this kind of existence, who appreciate living with the earth, but they are a small minority in a generally materialistic and high-economically oriented society. Most people today are interested in turning out a few more dollars, an attitude which is perhaps very justifiable, but is a pleasure and source of hope and optimism to see others for whom life has different meaning.

I enjoy the articles that are practical, for they help me directly with my small garden. I enjoy the anecdotes, the humor, the interviews, which give a feel of humanity, and I enjoy the book reviews. Some future articles might include in-depth reports on individual vegetables, fruits, and animals, such as the realities of raising rabbits, sheep, etc. on a small parcel of land. Also, articles on wild food and recipes would be good, as well as the use of natural fertilizer.

Walter Nebiker  
North Smithfield, Rhode Island

Congratulations! A literate and interesting magazine with a practical approach. Four subscriptions are tangible proof of our enthusiasm.

M. Sluppe  
Owls Head, Maine

I found your magazine in the little library in Norridgewock, Maine and read it from cover to cover. I think it's great!

Marilyn Sirois

We enjoyed your first issue of FARMSTEAD MAGAZINE. It is very useful to us as we will be moving to the Brunswick area in the summer of 1975. We are organic gardeners so please continue to list land and/or farms for sale. We are thinking of building a house with greenhouse, and using solar energy as an auxiliary heat source. Do you know anyone who has done this and if so, could you pass their name on to us?

Please continue with the excellent articles and much success with your venture.

Bill and Sydane Steinhart

Having paid our money, we waited suspiciously for your first issue. Probably just a rehash of *Organic Gardening* and *Mother Earth News* we feared. But we were pleasantly surprised to find FARMSTEAD establishing a character of its own.

We suggest that FARMSTEAD widen its scope to include articles on areas outside but directly related to small farming such as small engine maintenance and repairs, land drainage techniques, pole construction, coping with wells and water pumps. Strive for articles that are as specific as possible, aimed at Maine in particular when relevant, and written by an expert, or with one. Looking forward to your next issue.

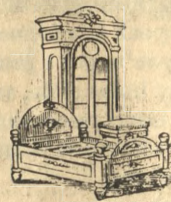
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Hebron, Maine

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My subscription to your new magazine will fill a very special need. I would like to see articles in the magazine which are helpful to those of us who cannot garden year round, and who are in Maine from mid-June until Labor Day. Our home is right on the ocean which probably presents other growing problems. We are interested in shrubs, flowers, and vegetables we can grow.

Geraldine L. Boone  
Camden, Maine

Sir, please enroll me as a charter subscriber to your new magazine. I intend to retire to Maine in a year or so, and expect that your publication's contents will help me to decide whether to stay on the coast or buy an inland farm. To the extent that I am representative of a sufficiently large class of your readers, articles on this matter might be interesting to your readers as a whole.

Good Luck.

Thomas Shaughnessy  
Newport News, Virginia

I like it! Although I'm not much involved in the farming and organic growing aspect, I can speak as a former newspaperman and writer, and I think you've got a going thing. Quality magazines about Maine, my home state, are sadly lacking, with the exception of the travel pieces such as *Maine Life* and the others. Your publication seems more "down to earth", with no pun intended.

Everett Parker  
Cocoa, Florida



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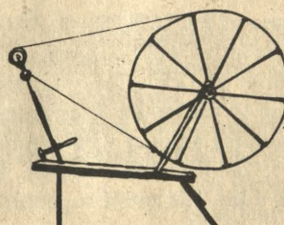


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# Looking East



by George Frangoulis,  
Publisher

**S**plitting wood is one of my favorite farmstead occupations. It requires more skill than strength, and I find it a refreshing and satisfying task. I work mostly with hardwoods and let my axe find its mark, then instantly upon impact, I twist the head, separating the split-off chunk from the rest of the log. I have found that the secret to proper wood splitting is to swing your axe purposefully and to concentrate on your target.

It is with this bit of woodshed philosophy that we publish FARMSTEAD MAGAZINE. In May of this year, we published the first issue. After months of preparation — articles written and edited, artwork gathered and created, advertisers solicited, and numerous business details attended to — the magazine was printed. A total of 10,000 copies were distributed and sold throughout Maine as well as the rest of the country.

Apparently FARMSTEAD MAGAZINE is a success. We've received kind notes and letters of praise almost every day from happy readers, and the number of people subscribing to FARMSTEAD has increased considerably.

When the idea for FARMSTEAD was conceived, we outlined our goals and objectives for this new publication. "What will FARMSTEAD be?" we asked. We answered:

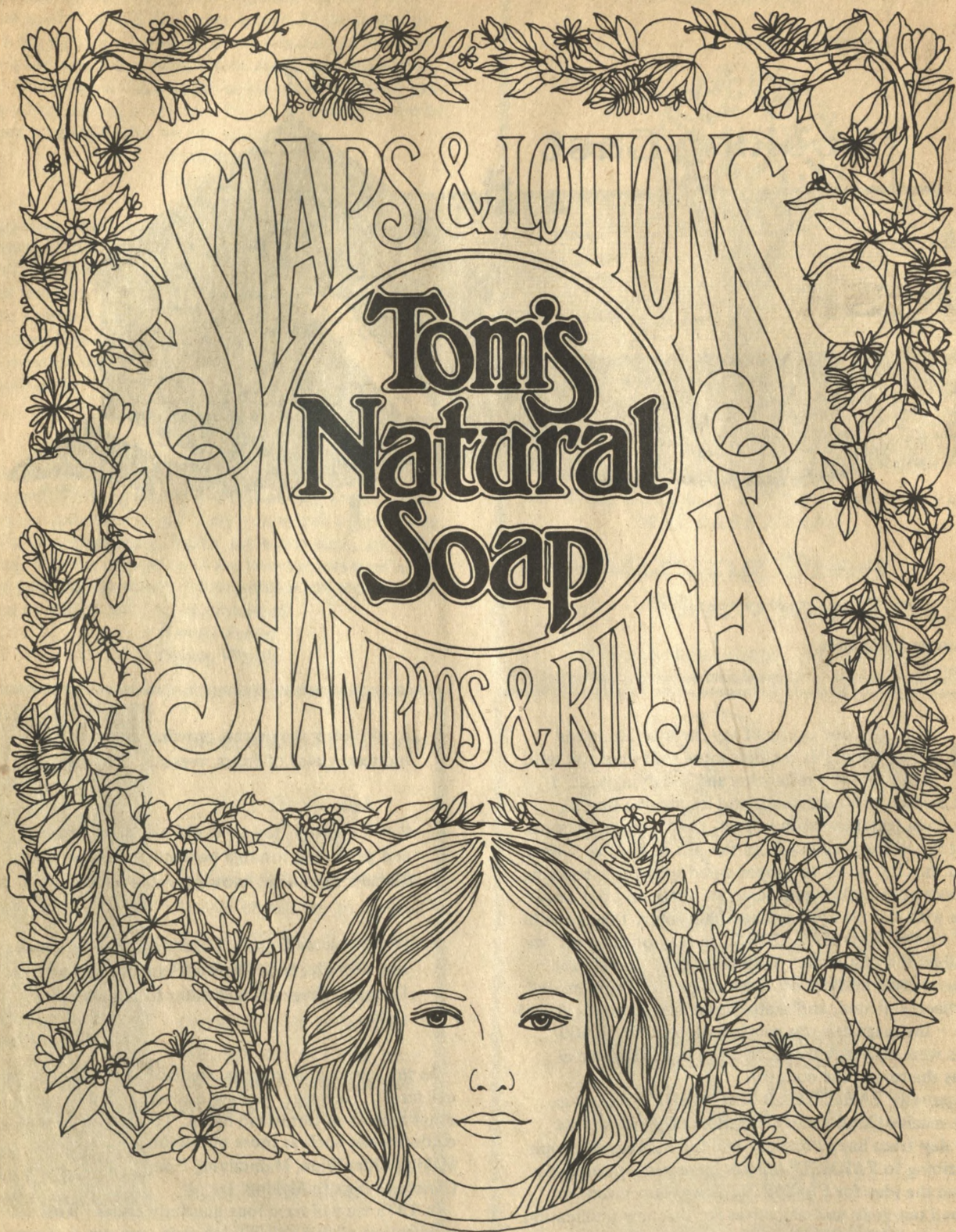
- FARMSTEAD will be designed for the small farmer and home gardener who is looking for the most economical methods of raising all or part of the family foodstuffs, including livestock and poultry;

- it will bring the newest growing methods to increase yields of fruits, vegetables, berries, etc.;
- it will present "the good old ways" of farming and gardening through personal interviews with Maine's time-wise, knowledgeable natives;
- it will discuss Organic Gardening, Flower Gardening, Climate, Soil, Planting Schedules, as well as Canning, Freezing, and other food preserving skills.

As the purposeful axeman, we have kept our eyes on our target. However, we have also expanded to cover other aspects of farmstead living. To that end, we include articles such as those on Building With Stone, Making Cider Wine, Maintaining Your Chain Saw, and Christmas Wreath Making.

In 1975 we will have four quarterly issues. With the publication of this Fall/Winter issue, our aim is to continue to provide practical, helpful and entertaining information to the scores of Maine gardeners and small farmers who support and encourage us. We also wish our magazine to become a forum for the exchange of ideas. You are invited to submit your suggestions and share your experiences with us.





Tom's Natural Soap  
Railroad Ave., Kennebunk, Maine 04043



# From the Editor's Desk

## FARMSTEADERS AND TECHNOLOGY

by Leland Witting  
Editor

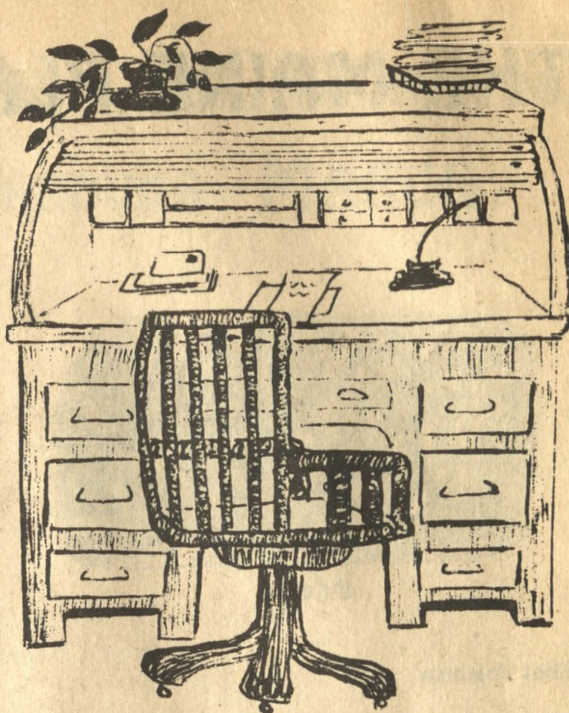
**F**armsteading today must inevitably be different from the homesteading of other centuries, if only because of the technology available in those trying to be more self-sufficient. For example, the wide availability of Thermopane glass and fiberglass insulation makes solar heat a viable supplement to wood heat, while the chain saw and the bi-metal thermostat on the Ashley stove make wood heating itself relatively easy.

Today's homesteading farmer has been alternately accused of yearning for an idealized past and harboring a masochistic desire to "rough it" by doing things the hardest way possible. But the twentieth century farmsteader is more usually in search of a more balanced existence than an extreme one. He employs some of the efficient tools technology has devised, yet sees and is repelled by America's gluttony for consumer technology and the damage it has inflicted on our health and our environment.

The manufacture, promotion and waste of Too Much Stuff is what America has been busy at for years now, and much technology has been developed to facilitate the glut. The most blatant examples — gas-guzzling cars, one-way bottles, aluminum throw-away cans and packaging materials, air conditioning, electric toothbrushes, electric garage door openers, electric can openers, electric knives, electric blankets, etc., — and the energies consumed by the factories that make this stuff, have driven us as a country right to the brink. Like the fat man who's so depressed by his fat that he keeps on eating, Americans go on consuming trash even though our capacity to manufacture it gets shakier day by day.

Maine farmsteaders could perhaps laugh at all this gluttony were it not for the weird ramifications of it all. One of the weirdest — and deadliest — is that in the rush to keep on growing despite the cost, the federal government and private industry have decided to push for the construction of high-hazard nuclear power plants and coastal oil refineries throughout Maine.

While the dangers of oil refineries are already well docu-



mented, a curious lack of accurate public information exists about the far-reaching hazards of nuclear power plants. This may be because the Atomic Energy Commission denies that there is any hazard involved — but then, the AEC has been placed in a conflict of interest position by the fact that it's job is to both regulate and promote nuclear plant construction. That's expecting the fox to guard the henhouse. Central Maine Power Co., who plans to build a nuclear power plant on Sears Island in Penobscot Bay, is certainly not going to provide the documentary evidence of increased infant mortality and increased rates of cancer that take place among those who live downwind of nuclear power plants, and they and their defective technology will quite blithely go ahead and poison the lives of Maine farmsteaders who have come here to avoid being exploited by just this kind of greed and stupidity.

Till now, farmsteaders have suggested but not demanded that others live a more balanced, less all-consuming lifestyle. But now Maine farmsteaders and gardeners are faced with the ruination of their health and environment to satisfy America's lust for consumption. Oil refineries and nuclear power plants are being built so that can companies will have the power to go on making disposable cans.

So for all of those in Electric Toothbrush Land — let us farmsteaders share a secret with you. **YOU DON'T NEED IT.** You don't need a good 30% of it, and probably more. We're an overfed, over-coddled, over-electrified and over-lazy country already, and we've got more than enough cancer, heart disease and environmental poisoning as a result of it. And while we can't all be farmsteaders, we needn't, on the other hand, be gluttons — for as the ultimate consumers, we will ultimately consume ourselves.

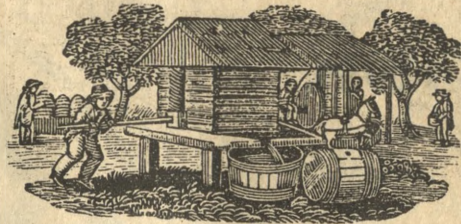
For those of you who live within a hundred miles of Searsport, I would suggest you contact the Nuclear Energy Resistance Committee, Stockton Springs, Maine 04981, or call Mrs. Cali Hollander at 567-3333 to find out what can be done.



# THE MAINE PLANTING CALENDAR



October



November

by Eliot Coleman

**O**ctober is probably the busiest month of the fall. Harvesting, manuring, tilling, cleaning up and putting away. And it's not an easy time either, with the weather growing colder and the days shorter.

If manure is to be spread in the orchard it can be hauled and applied now. A little phosphate rock mixed with it will result in better growth.

Make compost at every opportunity, but if residues and refuse are lying in the fields, harrow or till them in where they lay. Experimental studies at both Rothamstead, England and at the New Jersey Experimental Station showed 10 to 20% greater yields of potatoes, barley and sugar beets and twice to three times the aggregation of soil particles when fresh residues were turned in compared to application of composts made from equal quantities of residues.

There is an outstanding source of fertility on most farms that by and large remains unexploited: swamp muck. If the weather is dry this month muck may be dug from a swamp and spread on pastures or in piles exposed to the weather. The winter frosts will put it in fine condition.

The potting soil for next spring should be carefully prepared and stored where it will remain moist and not frozen. If you are dissatisfied with the results from your present potting soil mix, read *Seed and Potting Composts* by Lawrence and Newell. It is full of practical information on the subject.

All seed and plant flats not in use should be laid out in the sun to dry thoroughly and then stored away. Clean and repair all tools. Oil both wooden and metal parts of tools being stored.

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*Eliot Coleman lives in Harborside, Maine. His common-sense calendar for gardening from April through September appeared in Farmstead, Vol. 1, No. 1.*

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**M**uch of the same work as in October can still be done now, depending on the weather.

Be sure the root cellar has adequate ventilation, and be prepared to alter any cellar that lacks in this respect. Better too much ventilation than too little. It has been found by actual experience that in a cellar not over eight feet high the flue opening in the roof should be from 45 to 80 square inches for every 1000 cubic feet of storage area. Air intake ducts of the same size should be installed near the floor of the cellar. A simple means should be provided by which this ventilation can be reduced or closed entirely in cold weather to prevent freezing.

The asparagus bed should be cleaned up and given its annual coat of crude compost or manure to ensure early and rapid growth next spring. Rockweed, also, is beneficial on the asparagus bed.

Pick up and store away pea brush, bean and tomato poles. If cared for they last many seasons and save considerable time in the spring.

A trip around the farm with an oil can at this time of year is most valuable. Hinges on outside doors, garden gates and sheds as well as latches will all work better and easier if oiled.

It is a good idea to mulch strawberry beds for winter protection. If hay, straw or leaves are used they can be left between the plants next spring as a mulch. In a study at the University of New Brunswick, researchers felt that the type of mulch was not important but the time of mulching was. There should have been at least 10 light frosts and preferably 15 to 20 prior to mulching. For New Brunswick, the optimum time for mulching was between November 15 and 30th depending on the season.



# A COMMONSENSE CALENDAR FOR GARDENING FROM OCTOBER THROUGH MARCH



December



January

**S**now is coming. Make sure all tools and projects are kept tidy. Tools left under the snow now won't reappear until snow melt. All other rubbish should be cleaned up and put in compost heaps. Work done now saves many hours in the spring.

Check over the past summer's results. Aim for perfection. Whatever went amiss this past year can be corrected next. New varieties and new techniques should always be tried. Plan your winter's work. Make notes of each project you wish to accomplish and plan around the uncertainties of the weather. Have jobs for both good and bad weather, much or little snow.

Now is the time to place stones in large piles where they can be sledged easily on the snow to where they are destined for fences or other purposes. Large stones will freeze to the ground without small stones or pieces of wood under them.

Make sure fruit trees will be protected against mice over the winter. An 18-inch-high collar of screen or hardware cloth around the stem is an excellent investment. Rabbits can also damage trees, and some recommend smearing blood or liver all over the trunk of the tree to make it repellent to the rabbit. When snow is on the ground it is a good practice to stamp down the snow around the trunk of fruit trees to prevent easy access by mice in undersnow tunnels.

For those wondering if they have put up enough hay for the winter, the following will give a fairly accurate measure of hay in the mow. 500 cubic feet of close packed timothy or 800 cubic feet of loosely packed clover makes a ton. Between these limits the difference is relative to the condition of the hay.

**W**inter is the period for preparation. It is the season to plan and think. The work of the old year should be closed up and all debts paid, even if it means selling some piece of equipment.

The work of the new year should be gotten ready. Make resolutions for improvements in the new year. A farmer's best field is himself and he should strive above all to cultivate energy, industry, forethought and patience.

The first business of the year is to see to the seed supplies. Sit down with the seed catalogues and calculate your needs. Order early. The order should be mailed no later than the end of this month. Some interesting catalogues to send for are:

Nichols Garden Nursery, 1190 North Pacific Hwy.,  
Albany, Oregon 97362

Johnny Apple Seeds, Acton, Mass. 01720

William Dam Seeds, West Flamboro, Ontario

Best of all may be Thomas Seeds, Winthrop, Maine. They specialize in varieties suited for our Maine climate.

All ashes from the stove should be saved. They are an excellent fertilizer if stored under cover. A few of those stored ashes sprinkled on the ice is an adequate remedy to ice on heavily used paths to the barn or sheds.

Check the temperature of the root cellars and adjust the ventilation accordingly. Look to the mulch on the strawberry field and replace any sections that may have blown off.

As soon as sufficient snow cover is available the farmer can begin to haul heavy loads. Even a single man with a hand sled can haul a surprising weight on snow. Well packed snow offers less friction than loose.





February



March

**F**s the days begin to lengthen, the cold begins to strengthen." The first week in February often brings the coldest weather of the winter.

Work in the woods will proceed apace this month, cutting fence posts, cord wood, pulp, saw logs and building timbers. February is the traditional season for cutting good timber for boards. George Sturt in *The Wheelwright's Shop* (Cambridge, 1963) mentions some further refinements. Winter-cut oak was used where a hard and durable wood was wanted, whereas spring cut oak was preferable for cleaving into spokes and lathes. Beech, for the axle trees, would have been cut in November and opened into quarters by Christmas. Ash was always cut in winter but elm less consistently so that the difference was less noticeable. Even the quality of the soil on which the trees had grown was a matter of consequence to men who built wagons made to last a lifetime. A worthwhile occupation for snowy days is building bird houses for placement early in the spring. Most birds are beneficial to the farmer.

The stock will appreciate an occasional treat of sprouted grains in this coldest time of winter.

February is an excellent month for pruning. However, as with many jobs, the best time to prune fruit trees is when one has the time to do it. When pruning large limbs, always make a small undercut about six inches from the trunk and then cut the branch two inches beyond the undercut. Thirdly, cut the remaining stub close to the tree. The undercut prevents a heavy falling branch from ripping down the bark underneath it and scarring the tree. Large cuts should always be protected with tar, grafting wax or a proprietary tree-wound paint.

**I**f the seeds are on hand the farmer can get an early start with many crops. If they haven't arrived yet, determine now to order earlier next year.

Planting may begin as early as March 1 in a simple sun-heated lean-to greenhouse on the south side of a structure. A nine-foot square size has proven adequate in our experience. Seeds may be planted either in soil or flats. Cabbage, kale, kohlrabi, onions, leeks, celery, celeriac, broccoli and lettuce seed can all be planted now. Only the celery is chancy as it may later be lost by bolting to seed if the spring is too cold.

The advantages of a sun-heated greenhouse are that — if kept properly moist — it provides a better germinating and growing atmosphere than the drier air of the house, and being cooler at night will produce sturdier and hardier plants. Of course it is too cool for the peppers and tomatoes, which should be started in the house.

If the chickens seem to be under par, here's a tip. Many old herbalists felt that cayenne pepper mixed with the food, and garlic finely chopped in the water, would keep chickens healthier in the winter and make them lay better.

Check to see that all tools and equipment are ready. There is little extra time for repairs in a busy spring. If there is a tool sure to be needed this year and not already owned, it should be bought. In the long run buying is cheaper than borrowing, and intelligent, long-range planning is the most efficient of all.

Planting by the moon? Try it if it appeals to you. Experimental results have been inconclusive, but there is naturally a reluctance to summarily discard a concept practiced for such a long time. Good luck!

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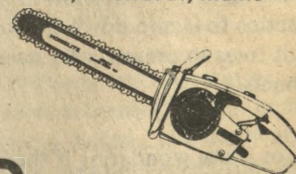
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The magazine is handsomely produced, with a great deal of illustrative matter, much of it in color. It has high standards of literacy, and has already published such writers as Malcolm Cowley, L. E. Sissman, Oliver Jensen, John Cole, Thalassa Cruso, Russell Lynes, Paul Brooks, Aldren Watson, Noel Perrin—as well as work by new young writers.

Our first issue came out in May of this year:



Country Journal met with a magnificent reception from its readers. They wrote to us:

- *I received my first copy of the magazine today. I cannot begin to tell you how pleased I am with it.*
- *Your first two issues have been nothing less than sensational in this day of literary mediocrity. Please extend my one year subscription for another three years—to April 1978.*
- *I have just finished reading the third issue and I must say that each has been better than the other.*
- *Please send Country Journal to my son in Kansas City. I am trying to lure him back to New England, and I think perhaps you can do it.*

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- *Country Journal is what I hoped it would be—a very interesting, well-written and beautifully illustrated magazine.*
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- *What a masterpiece you have produced!*
- *Excellent magazine—enjoyed by entire family.*
- *Thank you for your new magazine. Its articles have given me new insight about country living.*

The basic purpose of Country Journal is simple: to help people get the most out of country living. So we publish a lot of useful information. Here are some articles titles, past and to come:

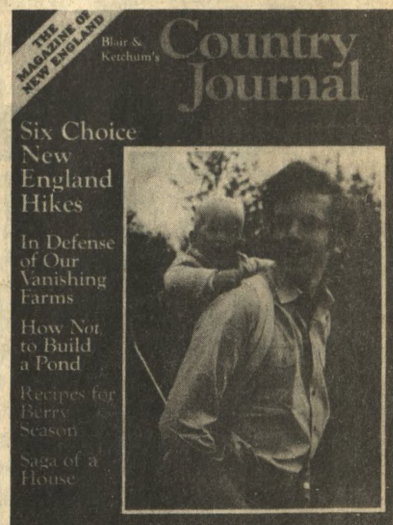
Managing the small woodlot  
How to select a canoe  
Trends in real estate prices  
Choosing a hiking boot  
The art of snowshoeing  
Economics of the second home  
Making direct-transfer prints from plants and flowers  
How to plant to attract birds  
Old weather signs that seem to work  
The small farmer:  
    raising your own beef  
    keeping pigs  
    raising sheep  
    etc.  
How not to build a pond  
Should you own a four-wheel drive vehicle?  
The world's best melon  
Building a paddle tennis court  
How to cut and split firewood  
All about chicken farming  
Keeping basements dry  
All about fences  
The pleasures and perils of house-swapping  
Growing a conifer plantation  
Dry stone walls—why and how  
Reviews of equipment  
How to identify animal tracks  
Marketing crafts  
Make your own sleeping bag  
Work with nature in siting your house  
Should you buy a condominium  
To post or not to post

Country Journal is based in New England and many of our articles and departments feature New England—for example, the best inns, hiking trails, fall foliage tours, occasional comment

from the state capitals, where to canoe, saving the area's rail service, and so on.

But we have found that Country Journal has a nationwide appeal. Almost 10,000 of our 30,000 subscribers live outside the six New England states. A subscriber in Princeton, N. J. ordered eleven gift subscriptions and wrote to us: "Your magazine should be read not only in New England but throughout our country by those who love the land and its history."

Here is the cover of our August issue:



As you can see, most of the articles featured thereon are not limited to New England.

However our newsstand distribution is limited to New England, and if you don't live in one of those six states the only way you can get Country Journal is by subscription. You can achieve this by taking advantage of our special introductory price—only \$8.50 for a whole year. Do it today.

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by Ariel Wilcox

# Food Storage On the Maine Farmstead

One of the major activities of a farmstead (if not the only one!) is producing food. When winter approaches, the whole place becomes a food storehouse: house, shed, barn, and the earth itself. Recently, much information has become available on the freezing, canning, drying, pickling, and storing of food. The many excellent sources for detailed information are listed at the end of this article. The emphasis here shall be on the *storage* of produce itself rather than its *preservation*. Processing of food usually is energy- and time-consuming and lessens the nutritional content. Maine farmsteads generally have spaces and favorable conditions to keep quite a large variety of produce with a minimum of effort.

In the house, food can be stored from cellar to attic. A cold cellar is quite an asset, and its customary dampness is valued for maintaining proper humidity. Here all the vegetables of the earth can be stored — carrots, parsnips, rutabagas, turnips, and storage-type beets. Expand the



variety with oriental daikon radishes, cultivated burdock root, and salsify. These root vegetables can be stored, with tops removed, in bins layered with generous sprinklings of sand, leaves (preferably maple but not oak) or sawdust. Cover loosely to maintain moisture, or sprinkle occasionally if your cellar is particularly well-ventilated or dry. An alternative method is to place a moderate amount of vegetables in a plastic bag, throw in a shovelful of sand, and shake to mix. Fasten tightly. To prevent rot, always let root vegetables dry somewhat if they have been pulled from wet ground. Of course, any vegetable that will be stored should be in sound condition.

In separate containers, store apples layered with leaves or sawdust, pears wrapped in tissue paper, and potatoes alone in a breathable container such as a barrel. Cardboard boxes can be very useful although they will lose their stiffness eventually due to the moisture. It's a good idea to keep all varieties separate, for convenient access and to minimize spoilage, but especially the carrots, apples, and potatoes because their gases adversely affect each other. Vegetables are not inert when picked and stored; they breathe and change, and storage conditions should be geared to slowing down the latter while allowing the vegetables to respire without losing moisture content.

Peppers, cauliflower, and cabbages can be kept for various lengths of time, wrapped in newspaper. The cabbages can last several months this way, but are best stored outdoors which keeps them just like fresh until May (and also eliminates odors in the house). But chinese cabbage, celery, brussels sprouts, and leeks are excellent stored in the cellar. Pull the entire plants and arrange them close together on the floor with dirt around their roots. Sprinkle roots occasionally to maintain moisture but don't wet the leaves. This method can give you green vegetables for Christmas dinner.

Acorn or table queen is the only variety of squash which likes to be cool and moist, because it is close kin to the more perishable summer squashes. These serving-sized squashes get sweeter as time passes in storage, but eventually dry out and/or mold after about two months. If you have a bumper crop of melons, which in Maine ripen just before the frost, they will store for a month or so wrapped in newspaper. Crates or net bags are handy for compact storage.

If your cellar is cool enough, sauerkraut can be stored in its crock without the effort of canning. All canned goods keep well here too, cool and dark, as well as a winter's supply of cooking oil. Humidity is not a necessary factor for these sealed containers. Metal cans and components, however, may must and might be better stored in a drier location.

Each cellar is unique in its temperature and humidity ranges. Thermometers and hygrometers are helpful for accurate information. The ideal conditions are 35° to 40° and 90% humidity. If a furnace keeps your cellar too warm and dry, an insulated partition could create a space suitable for the necessary moisture and coolness. Three inches of

gravel on the floor can efficiently keep moisture in the air when sprinkled with water. A dry and cool cellar can be appreciated for ideal storage conditions for the other type of vegetables that like to be dry. Moist and cool storage is possible outdoors, and there are several possibilities: from individual storage pits in the earth to sinking a truck body into the side of a hill to create a separate underground root cellar building. Many ideas and plans are available in the books listed at the end of this article.

**I**n our farmhouse, food is stored in every nook and cranny. An unheated summer guest room serves as storeroom in the winter for vegetables that like to be dry and cool but not cold. Shelves are rigged up with old doors and planks and concrete blocks; then they are lined with squashes in neat procession but not touching each other. We check over the squash frequently during the course of the winter to remove any that develop bad spots. We try to give them a couple of weeks' curing in the sun after harvest to toughen and seal their skins to prevent susceptibility to rot. Herbs are hung to dry here; then they are stripped and stored in jars or plastic bags and kept dark and airless so their essences are not lost. The windows of the room are covered to maintain the darkness that will keep everything sleeping and the quality conserved. We also store metal garbage cans here filled with grains, beans, and seeds. If a mill is not available to you, store any flour or cereal very cold (even in the freezer) to conserve the nutrition. Nuts are also perishable and should be kept cold and airtight. Onions can be quite cold (33° to 45°) but should be dark and dry — we have a nice drafty closet for them.

Once again, evaluate your own storage resources — you need a dry environment (usually found only inside a house) and one that is not too warm. The squashes could go under the beds (50° to 65°) or in closets or hallways. Perhaps an attic or other uninsulated space is available for the onions. The herbs, grains, etc. can be freezing if necessary, warm if they must, but dryness is essential.

Rodents like to move into the house in cold weather — to store their own food and help themselves to yours. We have no cat or dog to keep them away and one year we had problem squirrels; we live-trapped four and still had three running around! Another year, a rat took a single bite out of each squash we had so carefully stored for the winter. Frequent checks catch such goings-on before much damage can be done.

Of course, cleanliness in the storage areas is a must, and all should be thoroughly cleaned and aired out in the spring.

**O**utdoors, parsnips and carrots can be left where they grew in the garden. Cover them with hay quite deeply before freezing weather; and, if there is a good snow cover, they will be in good condition when the frost leaves in the spring. The hay cover will keep the ground cold longer in the spring, which will prolong your "delayed harvest" but also make that area unavailable for any early garden work. Kale and collards, leafy members of the cabbage family, can be protected where they grew with insulative bales of hay for a longer harvest of fresh greens.

The principle behind outdoor storage of the type possible in Maine, where the frost goes deep, is that the vegetable

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*Ariel Wilcox and her husband, Benjamin, are farmstead on Peacemeal Farm in Dixmont, Maine.*

*Ben did the drawing.*

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be the kind that will stand being frozen but that care must be taken to provide insulation so that freezing and thawing take place very gradually. Thus, cabbages can be stored in a shed — if they are well covered with a blanket of hay or similar material and located in the northern area of the shed away from the sun's warmth. A barrel or tub can be sunk into the ground, filled with root vegetables, then sealed and covered well.

For large quantities of root vegetables and excellent quality cabbage, the trench method is best. Dig a pit up to three feet deep and up to four feet wide in a well-drained location. Provide a wooden frame around the top to hold back any loose topsoil. Prepare the cabbage by stripping off all loose leaves but leave the roots attached. Stack upright but not touching, with soil around the roots for moisture and support. Make sure there is an air space between the tops of the heads and the cover. We use narrow boards across the top frame so that only one slat need be moved for access to the cabbage. This is better than a window or door for a top because the 1½-foot covering of hay piled on top doesn't have to be greatly disturbed. A sheet of plastic covers the hay so it won't get wet and freeze up solid. This is a system that requires a minimum of energy to shovel snow and move coverings — important when your toes and nose are freezing!

It takes a tremendous amount of energy for one's body to withstand the cold of winter. Food, therefore, becomes very important as fuel for health and happiness in Maine's long frozen season. Grains, beans and seeds are the ideal staple foods for energy and warmth and will keep indefinitely when whole, cool and dry. All provide essential protein, carbohydrates, minerals, and oils. Most can be grown on a Maine farmstead, too.

Whole or ground into flour or cereal, grains can be prepared in many delicious and satisfying ways. Learn how to cook them all — wheat, rye, millet, barley, corn, rice, and buckwheat — for variety and nutrition. Beans are important as a complement and they come in many flavors. The rich oils of sesame seeds, sunflower seeds, nuts, and peanuts are especially needed in the winter for warmth. Ground or whole, seeds and nuts make tasty additions to enrich any dish.

Dried herbs perk up cookery — also possible are dried vegetables, particularly celery leaves, parsley, and carrot tops which give a green flavor to "freshen-up" heavy winter fare.

If you heat with wood, long-cooking can be more convenient if you can simmer a pot on a trivet on top of a heater stove. A cookstove is most appreciated in the winter for its warmth and utility. A soapstone (or bricks) in the oven holds the heat long after the fire has gone out — and that's possible also in a gas or electric oven as long as it is heated until the stone is hot. Bring cereal to a boil on top of the stove, then place in a medium hot oven, bank the fire, and the cereal will cook overnight "automatically" to be ready and steaming hot in the cold winter morning. Cook beans until soft or pressure-cook one hour while stove is hot for breakfast; then place in a crock with seasonings and put in the oven to cook in the residual heat for a delicious dinner, hours later, without the effort of keeping the cookstove fire going.

The creativity of cooking is really explored in the winter, when eating becomes a most popular indoor sport. At first, there is the bounty and variety of the new harvest and the keenness of the autumn air which serves as inspiration. Later, in the deep of winter, meals are appreciated both for sustenance and as a source of sensual enjoyment in the midst of a frigid environment. At winter's end, the diet need not be monotonous if storage and cooking efforts encompass a wide variety of foodstuffs. Early spring is the most difficult time in Maine: temperatures get too warm in the storage areas, supplies are exhausted, yet the earth remains brown and bare. Perhaps this is when frozen and canned produce can be most helpful. Yet, if the farmstead has a coldframe or greenhouse, enough fresh produce can be ready now to take over.

If care has been taken to provide for the storage of adequate quantity, quality, and variety, the long Maine winter can be a time of security. One need not be dependant on difficult and costly trips to the supermarket and can be free to enjoy being snowed in. The value of the long winter is its enforced quietude — a time for creative pursuits other than farming, and for social contacts, family togetherness, or contemplative solitude. The security of an excellent food supply can leave one free to explore these other gifts of farmstead life.

#### Suggested Reading:

##### *Stocking Up*

by the editors of Organic Gardening and Farming  
Rodale Press, 1973

##### *Putting Food By*

by Hertenberg, et al  
Stephen Greene Press

##### *The Complete Book of Home Storage of Vegetables and Fruits*

by Evelyn Loveday  
Garden Way Publishing Co.

##### *Cloudburst, A Handbook for Rural Technology* Cloudburst Press

##### *How to Grow Fruits and Vegetables by the Organic Method* by the editors of Organic Gardening and Farming Rodale Press

U.S. Government Bulletins — many available free of charge through your local extension service office.

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# May Building Seize Thee!

by Helen Nearing

**I**n a family homestead, men are usually the masons and builders, and women are the homemakers and puttering gardeners.

In this family, positions are reversed; I am the inveterate stone mason, and Scott the gardener — though not at all puttering. We both are the homemakers.

Around forty years ago I laid my first rock in a small stone-faced and floored living room we attached to an old wooden farmhouse in Vermont. The disease caught and I've been at it ever since, whenever I've spied a well-shaped rock and a wall or floor to put it in.

In the four decades since we've been homesteading we have taken down stone walls and gathered rock from roadways, hillsides, from beaches and sometimes even stolen them (I, not Scott: he is far too law-abiding). We've put up dry walls and concreted stone-faced walls. We have gathered and used stone enough to reach in a single line across the United States and back (or so it seems to me). We have constructed a dozen stone buildings in Vermont, including two stone outhouses, a root cellar, some woodsheds, lumber sheds, a garage, a greenhouse and three large-sized houses. We have put up seven stone fireplaces, one of them here in Maine, where we also constructed a stone garage, a greenhouse, and a four-hundred foot stone garden wall five feet high and three feet underground.

Right now we're involved with a final (we trust) home of stone by the shores of Penobscot Bay, on Cape Rosier, Maine. We decided to do this in our seventies and nineties because the garden wall was completed and we still find rock about, still collect rocks and still want to work them up into something.

In the new building going up in the next few years I am laying all the rock myself. Others can mix the concrete and perhaps wheel over the selected stone, but I have a fancy to put them each and every one in the wall myself, and my co-workers are good-naturedly indulging me in this whim. I thank them for giving me the pleasure.

In other words, I've been badly bitten by the stone building bug. Perhaps there will be stone walls to be built in heaven. That would be heaven indeed.

**O**ur stone buildings are easy and simple to construct. We use home-made wooden forms of varying lengths, set them facing each other a foot apart (the usual width of our house walls), wire them together over 12 inch spacers, and bolt them to the next forms. We put selected rock, with the smooth face forward into the forms, tamp concrete behind, and when the forms are full and the concrete hardened, move the forms up to the next level.

No forms are used in the foundations. We dig our long ditches three to four feet deep, depending on the type of ground we find. (We stop at ledge or hard pan.)

Our concrete mixtures are very lean: six gravel to three of sand to one part of cement. We mix this dry in a wheelbarrow and then add just sufficient water to make it gummy. In the foundations we put as much rock as possible, filling the ditch with rock and concrete until we reach ground level.

Our forms are built like shallow candy box covers, 18 inches high and made of three 6 inch boards of 7/8 inch pine or spruce. The shallow form is edged with 2 x 3 x 16 1/4 inch studs. The form lengths vary all the way up to 14 feet. In the longer forms the studs are placed every 24 inches for strength.

We set our first forms level, on top of the foundation. The open double forms are plumbed and braced. We then fill the forms with sticky concrete and rocks.

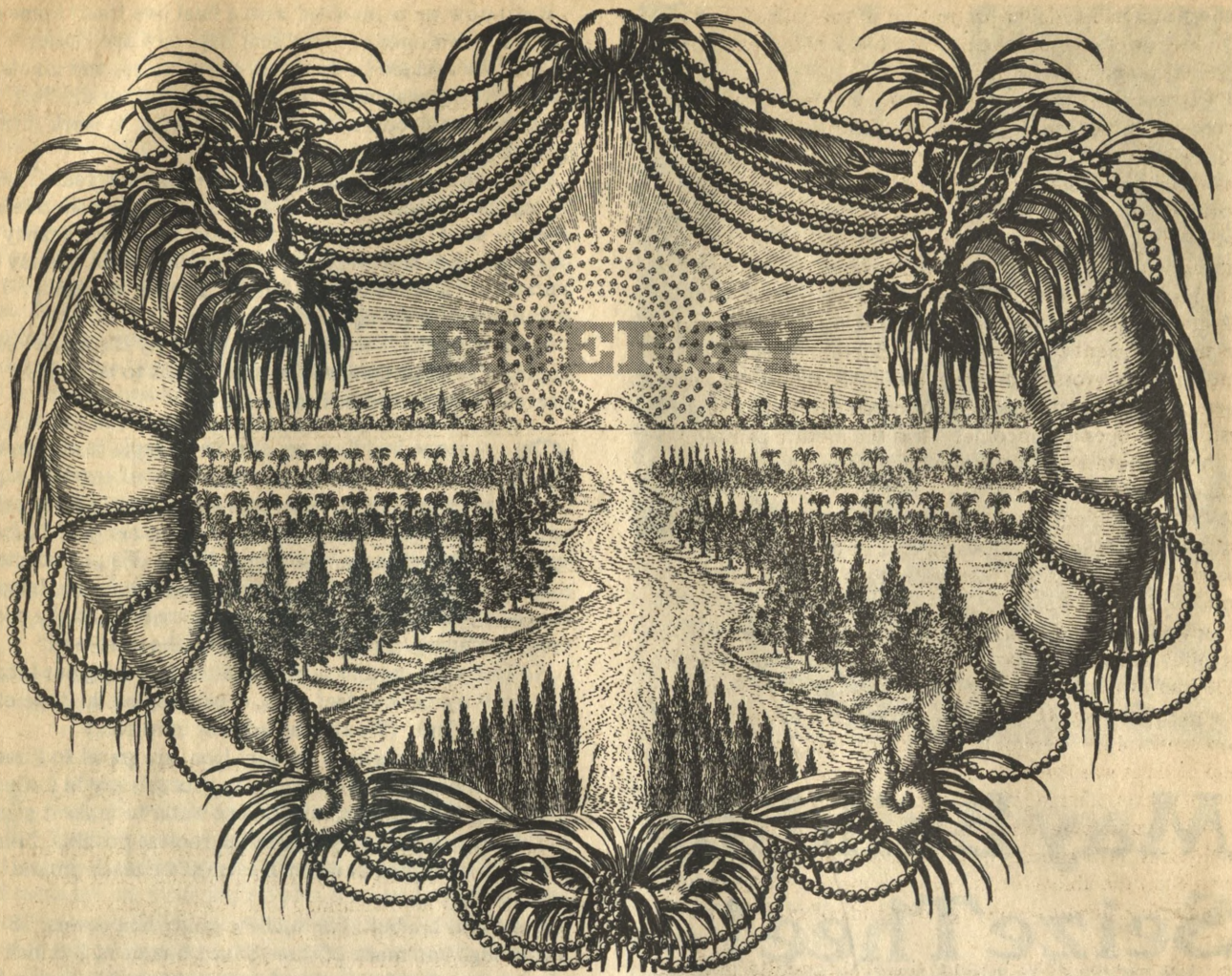
"Blue-ribbon" rocks, with good faces, are put in the front of the form, with room left behind for concrete to join the stones together and bond them. Layer after layer can be put in until the form is filled. After 48 hours another form can be put on top of the original form, and the same process is repeated. In three days the lower form is detached and put on top of the second form.

Round and round the building we go in this way leaving openings for door and window frames which are sturdy 6 x 6 timbers and form an inseparable part of the whole construction.

The house plates, at 7 or 8 feet up, are bolted into the concrete; then the rafters and roofing go up fast. We use metal (either galvanized or aluminum) for roofing because it's speedy, completely fireproof and about as permanent as you can get.

*Editor's note: Those who are interested should read the chapter "We Build a Stone House," pages 47-81, in the Nearing's book Living the Good Life.*





## And the Small Maine Farm

**S**teadily increasing world population, rising national expectations and energy demands, and resultant inflation are making all natural resources more valuable. The effect on the Maine small farm has been and will be pronounced. As economic pressures have increased, many farms have disappeared while a few have grown to new size.

As one would expect, comparisons of the 1964 and 1969 *U.S. Farm Census* show that the size of Maine farms has increased while numbers of farms have decreased. A more detailed look at the small Maine farm is found in a 1973 study on the subject by the University of Maine Dept. of Resource Economics, entitled the *Maine Small Farm*.

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*Rob Elder lives in Northport with his wife Jenny and daughter Rebecca where they built their house and grow their own food. Rob works for the State Planning Office in Augusta and Jenny is a potter.*

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According to that study, in 1969 the 4,244 small low income farms (under \$10,000) in the state accounted for 53% of total farms in the state but only 5% of total farm product value. The study found that (most of) these small farms were diversified but that the major source of income was from field crops. Income was insufficient to cover farm production expenses, and off-farm employment was the major activity and source of income for many operations.

As one would expect, financial and physical efficiencies were generally lower on small farms than on large.

The study also found that a large majority of the small farms had incomes of less than \$2,500. These averaged 130 acres of land per farm, of which only 35 acres was cropland. Most of these farms (1,575) were part-time; many (711) were part-time retirement and only few (568) provided largely full-time employment.

The UMO economists also found that the 1,390 farms with incomes of (\$2,500 - \$9,999) had about 200 acres per farm, but differed in type of farming. The higher in-



come group had a higher proportion of specialized crops than the lower income group which had a high proportion of general and livestock farms.

Field crops, including hay, were the major source of income on most farms in the study. Livestock, poultry, and their products were second largest income sources while forest products were third. Government payments provided a very small income. Purchases of livestock, feed, seed, fertilizer, gasoline and labor were 40-45% of expenditures, with others such as depreciation, taxes, interest, rent, insurance, repairs, etc. making up the balance.

A major finding in the study was that total farm income was not sufficient to cover farm production expenses except for farms grossing between \$5,000-\$10,000. However, when off-farm earnings were considered, all farms had positive net operator income. Thus the picture painted by the 1969 statistics was not a happy one for full-time farm employment.

A further finding was that small farms had a strong competitive disadvantage in the high cost of land resources. The value of small farms rose faster than those of large farms from 1964-69.

During the period from 1969-74 it is reasonable to expect that many of the farms studied changed hands, for in 1969 half of the operators were 55 years or older, while 22% were between 45-54 years. Younger operators — those under 45 — were only 28% of the total, or 1,200 people. This was the picture in 1969. Since that time there has been a large influx of people into the state (roughly 35,000) and large numbers of these have purchased small farms. The success of these new endeavors largely depends on the ability of the new operators to reduce or make more efficient the energy demands of each operation.

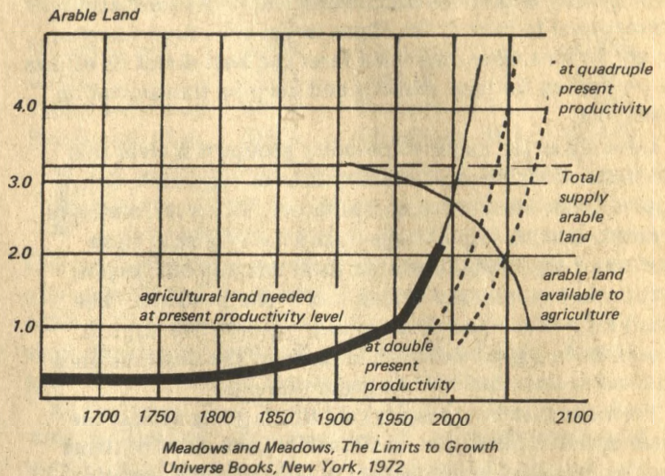
**A** brief look at a few general global agricultural trends helps us put the present Maine small farm situation in some perspective. World food production has increased absolutely in the last decade, but available food per capita has remained relatively constant. To achieve even this, extremely large farming operations have been erected. However, this size has been accomplished through ever increasing dependence on large amounts of chemical fertilizers and high energy inputs. Total use of fertilizer is now five times greater than it was during WW II. World consumption of fertilizer has increased from just under 10 million metric tons in 1938 to more than 50,000 million metric tons in 1970.

As one would expect, the high-use fertilizer farm needs high inputs of other forms of energy. This tends to reduce the number of laborers involved, increase the size of operation and overall efficiency.

Today this high energy mold is paying off for the U.S. Many foreign consumers are bidding for American grown food, and since many are hungry, they're bidding high. The American consumer however, is being forced to bid against them, driving the cost of food even higher. Farmers have responded by planting more acreage with high-yield seed strains and applying more fertilizer.

New seed strains need more synthetic fertilizer. Now with the new high cost energy picture, the price of fertilizer has gone through the roof and many farmers are having to drastically change operations to make ends meet. The result is higher prices for the consumer and strong

expectations that prices will continue to climb without leveling off. The upshot of this trend is that the market potential for the small Maine farm has grown tremendously in the past four years. The price of locally grown food can now begin to compete again with that of more mass produced food. The fact that this trend can be expected to continue and is not an isolated fluke is seen in a chart and its explanation from *Limits to Growth*.



Total world supply of arable land is about 3.4 billion hectares. About 0.4 hectares per person of arable land are needed at present productivity.

"The curve of land needed thus reflects the population growth curve. The light line after 1970 shows the projected need for land assuming that world population continues to grow at its present rate. Available arable land decreases because it is removed for urban-industrial uses as the population grows. Thus the rising demand and diminishing supply of the world's arable land are projected to equal one another just before the year 2000."

It is odd indeed that there is globally a growing shortage of arable land and up until recently in Maine an alarming drop in the viability of the small farm. From many indicators this situation in Maine has begun to reverse itself and now the properly managed small operation can survive and even make a modest profit. The key to success is a very strict accounting of all farm energy uses, or a detailed farm energy budget.

Much current information shows that the pattern of consumption in our homes and farms has effects which reach far outside the boundaries of our own property lines and shopping areas. There are environmental costs which go beyond the purchase and operational costs involved in buying and using most items. These costs must eventually be paid.

**T**he average American farm is right in the middle of this controversy because of its heavy dependence on energy, especially fossil fuels and electricity. Fifty to twenty-five years ago a medium-sized farm might have had a few hired hands. Now the competitive farm is efficient because of its dependence on electric fan motors, circulating pump motors, grain handling systems, bench grinders, milk coolers, silage and water pumps, and a vast array of gas or diesel tractor accessories. The average medium sized farm has upwards of 40 electric motors, replac-



ing the traditional hired hands.

The small farm in Maine, because of smaller gross needs, has more potential control over its energy needs. The picture then for the small Maine farm looks slightly brighter than it did four years ago. Land that was then marginal or barely profitable is now perceived as a highly valuable resource and can be farmed with a lower input of energy than the larger farm due to the miniaturization of electric equipment. Small units can produce specialty crops of high quality with more control efficiency. As such, it is educational to look at the Maine indigenous food situation to get an idea where the small farm can best direct its efforts in producing for local markets and keeping transportation costs low.

Looking at the major commodity groups it is clear that the state of Maine produces surpluses of eggs, milk, fish, apples, peas, blueberries, and potatoes. However, statistics indicate that we import large quantities of meats; fresh fruits and vegetables in winter; food fats and oils; sugars, syrups, honey, etc; and cereals and cereal products. The small farm that could produce any of these five imports would be in a good situation because of the short distance to local in-state and New England markets.

To those that would argue that this is going against the grain and that Maine has traditionally been short of items such as cereals or grains or meats, take a look at the old farm census. In 1880 in an average coastal county the major field crops were 1)wheat, 2)Indian corn (best for drying), 3)oats, 4)barley, 5)rye and buckwheat. Major animal groups were sheep, dairy cows, cattle, and pigs.

All this suggests that operators of small farms in Maine must look both to new technologies for miniaturized, lower-energy-consuming motors and new efficiency techniques, and back to the past for traditional methods and crops such as grains, crop rotation, and better manure distribution systems. A careful balance between new low-energy technologies and traditional agricultural thought — with a skillful choice of crops which require the lowest ratio of energy input to locally demanded yield — can put the Maine small farm in an excellent position to weather the economic storms of our time.

#### Suggested Reading

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Keyserling, Leon H.; *Agriculture and the Public Interest* Conference on Economic Progress, 1965.

Kirkdell, R. S.; *Social Scientists and Farm Politics in the Age of Roosevelt*, University of Missouri Press, 1966.

*Living Historical Farms Handbook*, Smithsonian Institution; Studies in History and Technology, No. 16.

*Thomas Jeffersons Farm Book*; edited by E. M. Betts, Princeton University Press, 1953, Princeton.

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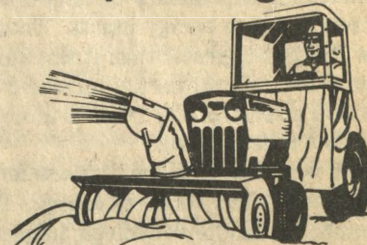
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# Sprouting

by Carolyn Robinson

**T**hough summer has drawn to a close, gardeners short of storage vegetables need not despair. If your garden did not produce as well as you'd expected—due to slugs in early summer, drought later, or a constant stream of guests all season long—you still can have a steady, delicious food supply. You can have, as well, the joy of producing fresh greens more nutritious than much food which is preserved. And you can do it anytime at very little cost and with very little effort.

Sprouts have been called “the complete food” or “the most perfect food” by many nutritionists, for within a seed are all of the materials necessary to beget new life. This includes protein, vitamins, minerals, hormones, carbohydrates and oils: everything it needs—and everything we need.

What many people do not know is the fantastic increase in food value that takes place when the seed starts growing. It seems that Mother Nature releases her nutrients manyfold with the warmth and rain of spring. Sprouting simply means that we play M. N. by giving the seeds warmth and moisture when we want to. You need not worry about weeds, bugs, weather, compost or sprays. And when you eat raw sprouts you are eating whole, living food—seed, root, stem and leaf. This is true of no other food!

This miracle food has been used for centuries by the Chinese, Hunzas and others and may well be the reason for their outstanding health. Yet until recently few people in this country were interested in sprouting—for themselves or their livestock.

A quarter of a century ago some university agricultural divisions and the U. S. Experimental Station studied the effects of sprouted grain on cattle. They found that both milk production and fertility increased, due to the large proportion of vitamin E, but considered the project uneconomical on a commercial scale. Vitamin E, a newly appreciated factor in human health, was found to increase over 30% from seed to sprout in research in India. With the vital importance of maximizing the efficiency of small farms now becoming obvious, some interest is being shown in feeding sprouts to animals. Homesteaders will undoubtedly find the time to provide such healthy foods, for their livestock as well as for themselves.

Vitamin C is another important factor contained within the sprouting seeds. During World War I an English physician treated scurvy with sprouts and found them more effective than lemons, the then popular remedy. Several researches have shown that while grain itself had little Vitamin C, its sprouts have as much C as oranges and grapefruit. You can test for this vitamin yourself—I found my nostrils become as moist and soft after eating sprouts as after taking high potency C tablets. Needless to say, I no longer consider it essential to buy citrus fruit for health reasons.

When it comes to Vitamin B, the increase from seed to sprout is phenomenal. The best known figures are those from studies made by Dr. Paul Burkholder of Yale University:

Nicotinic acid	500%	Folic acid	600%
Biotin	50%	Inositol	100%
Pantothenic acid	200%	Thiamin - B 1	10%
Pyridoxine - B 6	500%	Riboflavin - B 2	1350%

**I**n addition to all these vitamins, sprouts are a major source of protein. Again, sprouts have been called “the complete protein”. The Scotch Agricultural College used sprouted corn as the chief protein for some young cattle and discovered that they grew faster than three other control groups. Sprouts are also a quick energy source since the starch content changes to natural sugar. You can taste the sweetness in the tiny grain seedlings.

All these facts lead me to the conclusion that much canning and freezing is unnecessary. If you have sprouts and a root cellar, you are well provided for. And if you are a city-dweller, you have no other possible source of such inexpensive, healthy whole food.

**S**prouts are cheap! And who isn't interested in his or her budget these days? With no outlay for materials other than the seeds themselves, anyone can change two tablespoons of seeds into a quart of delicious, high-quality food. In larger terms, one pound of seeds grows into seven pounds of sprouts. Naturally, you save indirectly by not buying some expensive items you considered essential for nutrition.

One man in a financial crisis fed his family of seven for six months on \$52.50—or for one-half cent a meal. All in his family remained in excellent health. This is an extreme situation, but it tells the story: there is no need for people to be malnourished because of high-priced supermarkets. Seeds and grains may be stored for long periods and thus make a good survival food in case of emergencies.

Sprouts are also fun, and the tender green shoots are a treat. It is a pleasure to keep several kinds of sprouts on the counter to sprinkle on everything for a gourmet taste as well as for health.

A sprouted seed is an education in itself! It is a rare person who does not marvel at the birth of new life, and sprouting presents a clear-cut picture of the life of the plant developing from the death of the seed—the ever-flowing cycle we gardeners learn and live with. Sprouting could be an excellent project in schools—it is something to do, see, feel and taste. From there it can grow into the study of health, budgets, the environment and even a philosophy of life.

## What To Sprout

Naturally, your first need is a supply of good seeds. Aside from your own garden, the best sources are health food companies such as Hunt's Health Foods in Ellsworth. Or you may order from Erewhon, 33 Farnsworth St., Boston,

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*Carolyn Robinson lives at Undercliff, a salt-water farm on Cape Rosier. She is co-author of the Have-More Plan, which is available through Garden Way Publishers.*

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Mass., 02210, or from Walnut Acres, Penna Creek, Pa., 17862. Two words of caution: do not use seeds sold for planting as they are frequently treated with poison, and remember that potato sprouts are poisonous.

The most popular sprouts are mung beans and alfalfa seeds. Mung sprouts are well-known to everyone familiar with Chinese foods. In fact, these are canned and sold in markets, but the canned variety cannot compare with fresh. Alfalfa sprouts may be the healthiest and most delicious of all. Al-fal-fa is an Arabian word meaning father of all foods. The roots reach so deeply into the soil that the seeds are rich in nutrients. The tender green sprouts may be used instead of lettuce and blend with everything.

Sprouted grains such as wheat, rye and oats may be used as cereal or in breads. Because soybeans are more difficult to sprout (they need much more rinsing), I suggest you do not try them first.

#### How To Do It

There are a number of ways to sprout, but the easiest by far is to use a glass jar, preferably one with a wide mouth.

- 1) Put one to two Tbsps of seed in a clean quart jar, about half full of water, room temperature. Cover the top with a piece of plastic screen, cheese-cloth or even a piece of stocking. Fasten with screw-top ring or rubber band. Let the jar stand a few hours or overnight.

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- 2) After soaking the seeds, pour off the water. If you don't want to waste anything, use this pour-off in soups or juices for the water-soluble contents. Rinse the seeds a couple of times by filling the jar with tepid water and pouring it off through the screen top.
- 3) Place the jar on its side with the open end tipped downward so that water can drain off. This means setting it into a dish or drain rack. Jiggle the jar to distribute the seeds. Set in a dark or semi-dark place at average room temperature.
- 4) The important step is to rinse the seeds at least twice a day, or preferably three to four times a day. Just fill the jar with tepid water and pour it out.
- 5) On the third to fifth day you will have sprouts ready to use, depending on the type. Grains such as wheat and rye are sweetest when the tail is only as long as the seed. Mung, alfalfa and such should be brought into sunlight to develop chlorophyll. Sample them when they are about an inch long or when the first leaf appears. If you use a few, you will find the jar refills like the bottomless pitcher. You may like longer sprouts similar to those sold canned.
- 6) If you have more than you can use immediately, store them in the refrigerator. They keep like other fresh vegetables and may be rinsed again.

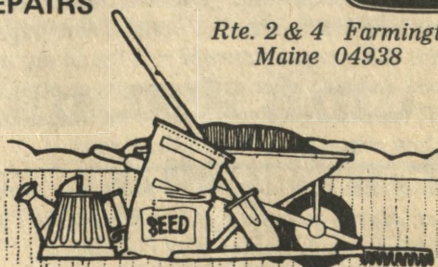
Other methods of sprouting use the same principles of moisture and warmth. After trying the glass jar method you may find you like to try other ways. One of the simplest is to use a flower pot, fresh and clean, with a piece of screen in the bottom. Soak the seeds first, then pour them into the pot, cover with a damp cloth and set on a drain-board. Rinsing is obviously simple except for very small seeds which can clog the wire. Also, clay pots must be cleaned and aired or baked in the oven occasionally to prevent sliminess.

Another inexpensive technique, popular in Japan, is a stack of wooden trays, which you can build yourself. These should be 2" deep but could measure 9" x 4" or larger. The tray bottoms can be wood with tiny holes punched through, or can be plastic screening covered with cloth so seeds won't grow through the mesh. Five or six of these trays can be

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stacked on top of each other with legs on the bottom tray to stand in a container. Rinsing is easy. Water poured into the top tray filters down through all trays into the drain dish. This method takes little space and also provides several different kinds of sprouts at one time. The Japanese paint their trays with lead-free enamel so that they are attractive.

Once you become addicted to sprouting, you can do it in almost any way you want: between two layers of paper towels in a dish, in a colander, in stacked pottery dishes or rolled in a Turkish towel for traveling. Two well-known commercial types are Beale's Famous Seed Sprouter, which consists of a clay dish with clay cover, and the Swiss Bio-Snacky which consists of three round, clear plastic trays, bottom dish and cover. The latter is most attractive with the greening sprouts, but is not the easiest method for small seeds which clog the drain spouts.

### Recipes

The outstanding fact about serving sprouts is that they can be added generously to anything and everything as well as being used as a basic ingredient. Since research has shown that sprouts, like other foods, contain more nutrients raw rather than cooked, it is best to use them in a salads or tossed on top of cooked food or your favorite cereal. There are many cook books now, and so much depends on individual taste that I shall just give a few suggestions.

**Salads:** Add sprouts, especially alfalfa seedlings, to any kind of green or fruit salad you like. Or try a huskier one with mung or lentil sprouts mixed with chopped celery, carrots, onions, nuts or sunflower seeds. If you try to make raw sprouts a large part of your daily diet, you will want to try a variety of dressings. Use not only a different French dressing, but try yogurt or sour cream dressings seasoned with a touch of mustard, curry, horseradish or any of your favorite herbs.

**With Eggs:** When scrambling eggs, sprouts may be sprinkled on top and mixed in lightly just to warm. Or you can saute your choice of onions, celery, mushrooms, left-



over meat or vegetable. Add sprouts and heat thoroughly. After cooling the mixture slightly, add beaten eggs and cook till done — or the mixture can be placed in a folded omelet.

**Vegetables:** Sprouts can be steamed lightly like other vegetables and served with butter and seasonings. But if you've never tried the Chinese stir-fry method, you may find you'll like it. It leaves the vegetables crisper and tastier, and you can mix them with potatoes, cabbage, tomatoes, snow peas, etc. One typical recipe is:

Heat ¼ cup vegetable oil in fry pan  
Add 1 cup onions and 1 cup celery  
Fry and stir for 5 minutes  
Add 1 to 2 cups mung bean sprouts  
Stir fry about 3 minutes  
Add 1 Tbsp Tamari or soy sauce and dash of salt  
Serve along or on top of rice, preferably brown.

**With Meats:** You can add sprouts to meats in many ways, such as tossing them into stews or soups at the last minute. Or try chicken chow mein:

Heat ¼ cup vegetable oil in skillet  
Add 4 onions chopped  
Stir fry until transparent  
Add 1 cup sliced mushrooms  
2 cups celery

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Cook slightly  
Add 2 cups chicken broth  
1 Tbsp soy sauce  
1 Tbsp arrowroot or flour in a little water  
until smooth and add to mixture  
Add 2 cups cooked chicken in shreds or chunks  
1 cup Mung bean sprouts  
Heat thoroughly  
Serve on rice

*Breads, etc:* Grain sprouts may be added to waffles, pancakes, muffins and breads. If you have a favorite whole wheat bread recipe, the general rule is to add 1 cup of wheat sprouts to replace ½ cup flour and ½ cup liquid. If you would like to try whole wheat bread for the first time, here is a friend's recipe:

Place 1 cup lukewarm water in large mixing bowl  
Sprinkle 2 Tbsps dry active yeast in and let stand 5 minutes  
Stir — then add  
2 more cups lukewarm water  
1 Tbsp sea salt  
¼ cup honey  
3 Tbsps vegetable oil  
Mix thoroughly  
Stir in 3½ cups unbleached white flour  
Beat until dough is smooth

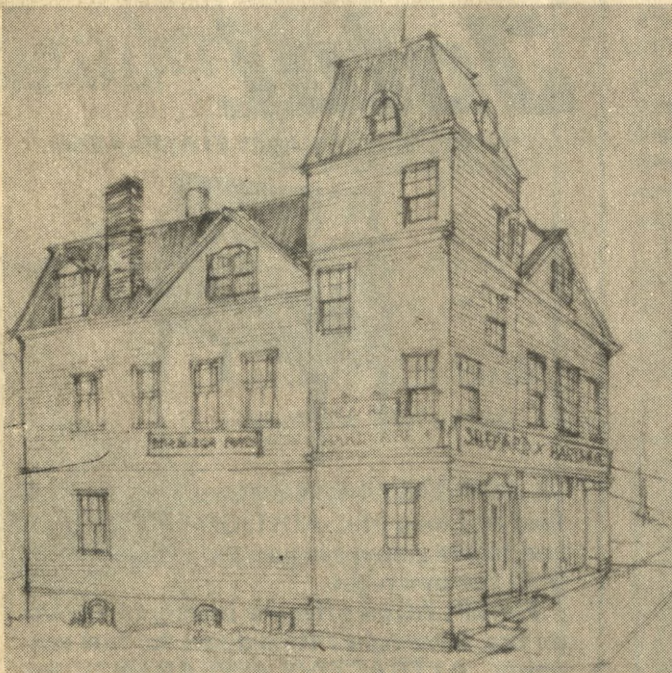


Cover and let rise in warm place until dough doubles in bulk - ½ to 1 hour  
Stir in 2 cups wheat sprouts (seeds barely sprouted)  
Add 1 to 2 cups whole wheat flour to make a slightly soft dough  
Turn dough onto floured board and knead until smooth - about 10 mins.  
Place in oiled bowl, turn so oil coats top too, cover and let rise in a warm place until doubled in size - ½ to 1 hour  
Turn dough onto floured board and knead slightly  
Divide dough in two and shape into loaves  
Place in oiled 9 x 5 pans, cover and let rise until doubled  
Place pans in 375 oven  
Bake 30 mins., then lower heat to 300 and bake 30 mins. longer  
Cool on rack.

Sprouties to You!

#### Suggested reading:

*Feel Like a Million*, Catharyn Elwood, Pocket Books, 1 West 39th St., N. Y., N. Y., 10018  
*Sprouts, Elixir Of Life*, John Tobe, Provoker Press, St. Catharines, Ontario, Canada  
*Sprout Handbook*, Stuart Wheelwright, Research Technical Service, 3747 Quincy Ave., Ogden, Utah



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# A HALLOWEEN STORY

by Rosemary Poole



## The Phantom Oarsman Of Eggmoggin Reach

**O**n the night of a flood tide and a full moon each month, there's an interesting phenomenon which takes place near the rickety Birch Isle Landing by Eggmoggin Reach.

If the water is calm, which it often is past the eleventh hour, you can hear someone rowing out towards sea, water lapping against the sides of the passing boat, oars dipping, rising, dipping, and oarlocks creaking. But nowhere will you see a passing boat, nor a ripple on the calm moonlit waters, nor hazy materialization of the mysterious rower.

Who is it? What is it?

The explanation, according to the few local people who know it, dates back to the early part of the seventeenth century. In those days, when this part of the land was being explored by Jean Rosier and Samuel de Champlain, a ship of Champlain's anchored off the Reach. One of the sailors met and fell in love with a young Indian maiden on shore, and he would slip away under cover of night to woo her. This went on for awhile until one night the sailor was caught and thrown in the brig for punishment.

The Indian maid waited and waited for him to meet her as usual, but he never came. At last, after a very long wait, she grew distraught and heartbroken, fearing he had left her for good. Unable to bear the thought of losing him, she threw herself into the water and drowned.

**A**t length, the young seaman was freed and put back on duty. He could hardly wait for nightfall and a chance to escape ship for good and join his beloved. His chance soon came, and that night when the moon was full and the flood tide coming in, he furiously rowed out to the point of his rendezvous. His joy and happiness were soon ended however, for as he came landward he found

her body floating in the water. Torn with grief, and believing there was nothing to live for with his love cold and dead there in the water, he turned his boat around and rowed slowly, deliberately out toward the bay, and from there to the fog-shrouded sea and was never seen again.

For over 300 years, despite the fear and upset his ghostly rowing has caused to those nearby on lonely points and islands, and despite engineering experiments to discredit him by "scientific reason," the tragic phantom oarsman still despairs over the little Indian maid's death and rows out to another water oblivion.

*Rosemary Poole is an illustrator who lives with her husband in South Penobscot.*

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**W**hen you pick up a ripe apple you have in your hand all the basic ingredients to make excellent apple wine. If you polish the apple on your sleeve, the dusty, dull coating you buff away is a "bloom" containing many varieties of wild, airborne yeast. These wild yeasts, if brought together with the sugar in the apple's juice, will make alcohol, and with just a little care and patience you can coax this mixture into becoming something fine.

Alcoholic cider has all but disappeared from America, if you ignore apple-flavored pop wine on the one hand and, on the other, the result of forgetting to drink your gallon of fresh cider before it begins to work. For several centuries, though, hard cider was carefully made and duly appreciated by rural Americans, and in Europe it has survived gloriously in two quite different forms: English cider, sometimes called scrumpy, which is a bit stronger than beer and, like beer, is served in pubs by the pint mug; and Normandy *cidre bouché* (corked cider) a stronger, drier drink which is bottled and drunk like wine.

In 1969, my wife, Susan, and I bought an old farm in Blue Hill with a derelict orchard, and since 1971 we've been trying to reproduce Normandy *cidre* with the help of two friends, Barry Lydgate and Tony Newcomb, both knowledgeable and experienced cider makers. The results have been very encouraging. Our 1971 cider is now almost at its peak, a fresh, natural champagne with a complicated, clean "nose", the perfect wine to serve with pork roast, turkey, goose, or with fruit desserts. You don't have to wait three years, though. Our 1972 cider already makes a pleasant drink, and our 1973 cider, bottled in June of 1974, will be worth sampling this fall, about a year after the apples were pressed.

It does take a year to make good wine, but fortunately the wine does most of the work — you can ignore it for a month or so at a time, and when it does require attention you can usually tend to it in a couple of hours even if you make large batches of, say, fifty gallons or more. There are many ways to make cider wine, and we are still experimenting, reading, and talking with other wine makers, so what follows are only the rules of thumb that so far work well for us. Other methods may work better for you.

**F**irst, of course, are the apple trees. We have over thirty varieties, some of which we have not yet identified. Last year Warren Stiles, Research Pomologist at the University of Maine's research farm at Monmouth, generously spent a day going over our trees with us, advising us on their care, identifying varieties where he could (many of the trees did not bear last year, making identification virtually impossible) and no doubt concealing his dismay at the sorry state our trees were in after years of neglect. Our trees were overaged, full of dead wood, and bearing a few, small wormy apples. Following his advice we are now pruning, mulching and fertilizing these trees to return them to health and increase their yield, but in the meantime their sorry-looking fruit is, in many cases, ideal for cider-making. A good wine apple is very strongly flavored and perfumed, high in acid (tartness) and tannin (detectable as a puckery bitterness). Crabapples, for instance, are an unbeatable ingredient in cider, and our 1971 pure crabapple champagne is the best we've made. Big, fat, crisp, juicy eating apples are not particularly desirable, for while they make a lot of juice when pressed, it is mainly water, producing a relatively diluted raw material for wine making.

# Making Cider Wine

by Daniel Dennett





Similarly, although high sugar content is important to good wine cider, sweet-tasting apples are not always good for that purpose. It is the *percentage* of sugar in the cider, the thickness of the syrup, that determines the ultimate strength of the wine, and a tiny, bitter or sour apple may have a higher percentage of sugar in its modest yield of juice than a watery sweet apple like a Delicious, and it will have much more intense flavor and acid.

When we have a bountiful harvest we pick and choose our apples, but when pickings are slim, as they have been for the last two years, we press just about every apple in sight. The results are not much worse. We press blemished, bruised, scabby and even wormy apples. Perhaps the worms add a certain *je ne sais quoi* to the wine. In any case tradition sanctifies their inclusion, and so far as we can tell tradition is right as usual. About the only apples we don't press are soft, rotten apples. Our favorites are Ben David, crabapples of several varieties, Baldwin, and several yet to be identified varieties. Much of our cider, though, comes from our many MacIntosh trees and a giant Wolf River tree that produces bushels of grapefruit-sized brutes of undistinguished flavor but great reliability. Even in the worst of years we ignore the Yellow Transparents and a few other insipid varieties.

Just about any apple, however forlorn, is worth experimenting with, and the great beauty of cider making is that it does not require the intensive, expensive labor, pesticides, fungicides and fertilizers that are held by current wisdom to be absolutely necessary for the production of attractive table fruit at reasonable prices. Nor do you need many trees to make a lot of cider. A bushel of apples will make over two gallons of cider, and a single tree in moderate health can produce half a dozen bushels or more. In intensively managed commercial orchards single large trees can produce more than twenty bushels a year. Pruning, mulching, and (ideally) fertilizing with chicken manure should be all the care your trees need, and you can do this work gradually, as you learn which trees you want to favor, and how much. You might have to resort to an insecticide to save the lives of very young trees if they get infested with leaf-curling midge.

**T**he principles of pruning apple trees are straight forward. The best pruning time is early spring, then winter, then summer. You want to provide *sunlight* for all the leaves and branches, so a wide-based pyramid is the ideal shape, with an empty, airy center. Eliminate all dead wood, most vertical (especially downpointing) wood, and narrow crotches, which are vulnerable to disease and winter damage. Prune close, even at the expense of widening the wound. Only large wounds (greater than an inch and a half) need painting, and even then, according to Warren Stiles, painting is a special precaution, not a necessity. The finer points of pruning, especially training new trees, are covered in many books and in pamphlets obtainable from University Extension offices. Don't expect immediate results when you prune old trees. Apples do not grow on first-year wood, so it takes a year or two for a resurrected old tree to respond.

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*Dan Dennett, a professor of philosophy at Tufts University, makes his apple cider wine on his farm in Blue Hill.*

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We mulch our trees with hay, which we cut in our fields and in the orchard itself. It would be prohibitively expensive to buy hay for mulching apple trees, since it must be piled waist high in a ring about four feet wide around the drip line of the tree if it is to do much good. The point of mulching is to prevent weeds and other plants from growing in the soil directly over the feeder roots, so that the apple tree has the nutrients to itself. There are no feeder roots close to the trunk, and since the hay provides homes for mice, who can do great damage to an apple tree trunk, it is best to leave a wide unmulched circle inside your mulch ring. The mulch also adds nutrients as it decomposes, but for serious fertilizing it is hard to beat well-rotted "hen dressing" — up to 200 pounds per mature tree, spread on the mulch around the drip line. Fresh hen dressing can often be obtained free for the hauling from chicken farms, but you should let it mellow for a season before spreading it under your trees. It is very strong.

There is no trick to picking cider apples. Shaking the tree and picking the apples off the ground is the fastest, easiest way. Try not to break off the spurs from which the apples are growing; next year's apple buds are waiting their turn there. Once the apples are picked they should be pressed soon (within a day or so) before the sugar in the apples begins to revert to carbohydrates. You can rinse the apples in fresh water if you want without washing off the yeast, but try not to water down your cider by pressing very wet apples.

**W**e were fortunate to find an excellent old hand-operated cider press for sale in an old barn, but if you can't locate one of these magnificent machines to call your own you can probably find someone else in your area with a press who will let you use it, or will press your cider on shares, or press your cider for a small fee. Commercial cider presses are large hydraulic devices that consume many bushels of apples at a time, but if you have a large crop to press you might make a deal to have them done by a commercial press. Friends of ours have done this.

If you are tempted to buy a press of your own, beware of buying an antique press that is not in good working order, for a cider press has to take great strain. The most important part of the machinery is the mincer, which chops or grates the apples into pomace, a sort of crude apple sauce that goes under the screw press where the juice is extracted. An apple press without a well-built, durable mincer is just about useless and unrestorable. The pomace drops from the mincer into a press barrel, which should be lined with a heavy cloth. This serves as a crude filter, but more important, it prevents gobs of pomace from squeezing out through the cracks in the press barrel and around the piston. You can lose a lot of cider that way. We use commercial cider press cloths, but they are expensive. A *very well washed* burlap bag will serve almost as well, but burlap has a very strong flavor and smell which takes hours to banish, and the bags won't hold up for more than a season or two.

The juice that flows out of the press is fresh cider, itself a wonderful drink. It oxidizes as fast as it is squeezed and turns the characteristic brown cider color almost immediately (fresh Russet cider is pale yellow, and crabapple cider is vivid pink). You should try to minimize the oxidation





Dan operates the cider press while his daughter looks on.

by transferring the cider as soon as you conveniently can to closed, full containers.

**N**ow you are ready to help the cider turn itself into wine. The fundamental process of wine-making is fermentation, the control of which is basically a livestock management problem: your livestock are the yeast cells; they are caught in the wild on the apple skins and flow in sufficient numbers into the pressed cider. They feed on sugar and excrete alcohols of various sorts and carbon dioxide. The trick is to keep your yeast in a healthy environment and well fed. When they run out of sugar or have filled their environment with as much alcohol as they can tolerate, they die or go dormant, leaving behind them —

if all has gone as it should — wine. Up to a point, the more sugar they are fed the stronger the wine, but every yeast variety has its maximum tolerance for alcohol. If you add more sugar than your most tolerant yeast can convert, you will simply end up with a sweet wine. Raw cider varies in sugar content but the sweetest cider is still only sugary enough to turn into about six percent alcohol. Wild yeast present in the raw cider should be tolerant enough to convert all the natural sugar to alcohol, leaving you with a dry, English-style cider. If this is what you want, you simply store your raw cider in a cool dark place and wait for the fermentation to stop. If you want a stronger, more interesting, more stable drink, you'll have to add sugar. This is



called chaptalizing, and it is a common practice in commercial wine-making whenever there is not enough sugar in the grapes to produce a strong wine. Much fine Beaujolais is chaptalized, for instance.

How much sugar should you add? This depends on the initial sugar content of your cider, which can vary widely. We have been adding about eight cups of sugar to each five gallons of cider recently, with good results. Dissolve the sugar by stirring it into a large bowl of cider and then add it to the bulk of your cider. This is a crux for experimentation, and two cardinal rules are first, *record* what you do, for it will be months or even years before you can tell with much certainty whether what you did was just right, and second, taste and sniff your product carefully, slowly, with attention at *every* stage of the process. At the beginning of the process this is unalloyed pleasure. Sample and try to describe to yourself each apple variety as you pick it; sample the cider as it is pressed, and after several hours. Taste it before and after you add sugar. It will be sickly sweet after you add sugar, but there is worse to come. Once fermentation is under way it will taste and smell quite awful for awhile, but it is still important to sample it periodically, for only in this way can you learn to recognize wine that *will* be good, or that will be too tart, too dry, too sweet. There are devices and charts that take the guesswork out of adding sugar, and these are available at any hobby wine-making shop (Sears Roebuck also carries wine-making supplies and equipment). These devices are fun to play with, somewhat useful, but unessential, and no substitute for tasting, recording and experimenting.

Another commodity available in the hobby shops is wine yeast. Almost every book on wine-making will tell you that the first principle of good wine making is that one should *kill* the wild yeasts (by pasteurizing your raw juice or adding a chemical) and then add a commercial wine yeast. The advantages of commercial yeasts are uniformity, reliability and high alcohol tolerance. If you use them right you can be quite sure of producing a wine as strong as, as reliable as, as interesting as — Gallo's best, or Boone's Farm. If you use the wild yeast you can be sure of nothing, but probably you will get something slightly under 10% alcohol, but with a memorable taste and aroma. The yeasts contribute almost as much as the apples to the ultimate characteristics of your wine. If your view of alcohol is the more the better, you can look at it this way: commercial yeast will probably make you a stronger wine but you won't want to drink as much of it.

**F**ermentation begins within a day or so of pressing unless you refrigerate your cider. Your task from then on is to provide the right environment for this process. First and foremost you must keep out air, while permitting the carbon dioxide of fermentation to escape. The air contains bacteria, acetobacters, that will turn your wine into vinegar if given a chance. So you need some sort of one-way valve. Hobby wine shops, and Sears, carry cheap plastic stopper valves called fermentation locks, which will fit a wide variety of containers, from milk bottles to five-gallon water-cooler jugs (which we use). Or you can run a tube through a bottle stopper and have it discharge under water, bubbling like a hookah. Or you can put balloons over your bottle tops and watch them blow up with carbon dioxide (while praying they won't pop or fly off when you aren't watching).

Once you've solved the problem of keeping the air out, the rest is easy: keep the cider in a cool, dark place. The cooler the cider, the slower the fermentation, and the better the results. You can put your cider on a radiator and complete the fermentation in a few weeks, but the result will *probably* be a bitter wine. (A friend of mine insists he makes good wine in a hurry on his radiators. I haven't tasted his product yet, and am very skeptical.) We keep our cider in a cellar and let the fermentation drag on for six months or so. If your cider gets chilled below about 50 degrees, however, the fermentation should resume as soon as the cider is warmed up again. It is best, however, to maintain a fairly steady temperature.

During the months of fermentation the cider will slowly clarify itself. The bulk of the apple pulp that comes through the press settles out in a few weeks and after that dead yeast cells and other odds and ends will settle out. It is important not to let the cider sit on this residue for long periods of time, so after the initial settling — and thereafter about once a month — you should "rack" the cider by pouring the clear cider off the dregs (or "lees") into clean containers. If you use gallon jugs or smaller containers simply take a spare jug, wash it, and very slowly and gently decant a cider jug into it. Throw away the lees, rinse the emptied jug with fresh water, and decant another jug into it, and so on. Larger containers are too heavy to decant steadily, so you must siphon the cider off the lees. This disturbs the lees less in any case. You can buy clear plastic siphon hose from Sears or hobby shops. We use one-inch diameter Tygon tubing, a virtually inde-



Cider is poured into containers immediately to reduce oxidation.



structible clear plastic hose used in chemistry labs. Smaller hoses siphon at an infuriatingly slow pace, and rubber hoses prevent you from seeing what is running through them, and may flavor the wine. Rinse large containers just like small ones, with fresh water. You may need a bottle brush to clear away the scum on the bottom of the containers. No more elaborate washing ritual is needed. Just keep exposure of the wine to the air at a minimum and remember to pour off just a bit for tasting and sniffing. At this point you will probably not want to swallow the stuff or taste it for long. It is apt to smell sulfurous, taste soapy, and fill your mouth with a yeasty, gassy liquid you would throw out in despair if you hadn't been warned. But there should also be a promising part-cider, part-wine aroma and taste to it, which you can quickly learn to abstract. If it tastes and smells like vinegar, however, you may as well throw it out — or revise your goals — for it cannot be saved. You may not be completely sure if the tartness you taste and the stench in your nose is the sourness of vinegar. If so, wait a month. It would be a shame to throw away good wine just before it cleaned itself up, and if it is vinegar it will soon enough assert itself unmistakably.

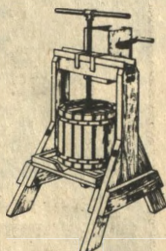
Eventually, after weeks or months, depending on the speed and amount of fermentation, the fermentation will slow down and stop. The rising bubbles of CO<sub>2</sub> will disappear and the cider will begin to smell and taste cleaner, better, more like wine. If you have racked it carefully and minimized oxidation it will be paler than your original raw cider, and as clear as crystal. At this point you can either bottle it directly or first age it in oak barrels. When we have enough wine to fill a 55 gallon barrel (with some extra for topping up) we age the wine for a few months before bottling. The oak barrel encourages the precipitation of further impurities (though the wine is already acceptably clear), adds tannin, and permits a very slow, slight oxidation to occur that (often) mellows and improves the flavor. It is not at all an essential step, but certainly worth doing if you have a suitable barrel. Used whiskey and brandy barrels can sometimes be picked up for little or nothing. They are supreme, and well worth keeping an eye out for.

**B**ottling day is the last day of work on the season's wine, and really the first large scale operation since you pressed the cider and added sugar. The bottles must be washed, and then rinsed with "sulfite solution", a very dilute sulfuric acid. You can buy plastic bags of sulfuric acid from your friendly high school chemistry teacher and make your own. Carefully. The bottles are then rinsed with fresh water, drained, filled and corked. The bottles should be slightly overfilled so that the cork when driven in squeezes out a bit of wine. After the bottles are corked they should be rinsed or hosed off, to wash this excess wine off before it becomes a sticky haven for flies and acetobacters.

Old wine bottles can definitely be recycled again and again (so long as you are not planning to sell your wine; if you are, buying new bottles is the least of your worries), but you need new corks each time. You also need a corking tool, and if you are planning on making more than a few dozen bottles of wine, you should invest in the type of corker that fastens to a bench and has a lever like a drill press. The free-hand corkers can turn the happy business of final bottling of your bounty into an exasperating and messy chore after the first hour or so. A bottling siphon with the control valve right where the wine enters the bottles is another tool you can grow to love.

When you bottle your wine, after aging in oak or not, there will still be yeast cells in it, and probably a little residual sugar. A completely dry cider loses a lot of the distinctive apple characteristics, so unless you want to make poor imitation Chablis, you should try to leave a little residual sugar in your wine. Leaving the yeast and sugar in the wine when you bottle it will turn your wine into champagne. The yeast very slowly consumes the sugar, raising the alcohol content, making the wine drier, and infusing it with natural carbonation. Considerable pressure builds up in the bottles, and if the corks are not wired down you will soon lose all. Champagne corks, wires, corking machines and bottles can be purchased, but they are very expensive. You can do as well for much less money by recycling old wine bottles and improvising cork tiedowns. European wine bottles are much better than American bottles; they are much stronger and have a narrower neck, holding the cork more tightly. (It occurs to me that big restaurants must throw out dozens of European wine bottles every day — a likely source of good free bottles.) We wire our corks down with ready-made *cidre* wires we import from France (they are cheap in bulk — about six for a penny including postage from France), but for a few bottles you can do the job adequately using plastic packing tape — the reinforced type used for packing boxes for mailing. Criss-cross two long pieces over the top of the cork and wrap a third piece tightly over the ends of the crossed pieces below the flange of the bottle neck. You don't want to tie your corks down too securely: a popped cork is much better than a bottle exploding in your hand.

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Once your wine is bottled and the bottles are stored on their sides in a cool place your work is over, but the wine has a lot to do. For several weeks or months the wine will be "bottle sick" and not very good drinking. Then at last it will calm down and begin a slow maturation process. Since you have not pasteurized, neutralized, regularized and finalized your wine as most commercial wine producers do, your wine is alive in the bottle. Complex chemical changes occur; the almost dormant yeast resumes a slow fermentation of the residual sugar; there is a trace of oxidation through the cork; dead yeast cells and other products settle to the bottom of the bottle. Usually all this activity improves the wine gradually until it hits its peak after several years. There is no shortcut way to tell when this peak has been reached. The only sure method is arduous and time-consuming: every now and then open a bottle, being careful not to disturb the sediment in the bottom, pour it out into wine glasses, and drink it. Perhaps you can get your friends to help.

#### Postscript


So far our cider-making has been just a hobby and an amateur exploration, but our results suggest something more important. There are hundreds of abandoned orchards in Maine, and hundreds more people who live on old farmsteads but cannot devote large amounts of their labor and money to agriculture. In some parts of the state these people often have blueberry fields, which they rake themselves, sell stumpage on, or lease to big concerns. This provides them with a modest income for a minimal outlay and provides a proven model for economically viable (if marginal) agriculture in this state, given its climate, land,

and sociology. Couldn't a similar practice provide cider apples for regional wineries? Cooperatives do not have a history of success in Maine, but if a market for cider apples could be developed, independent farmers would be encouraged to revitalize their orchards and even plant new orchards. The arrangements could be as flexible as in the blueberry business: those who wished could do the work, tend and harvest their own trees, and sell their apples outright; others could lease their orchards and orchard land to operators with the time and skills required to bring in the harvest. It should not adversely affect the table fruit orchardists, who nowadays often leave the drops in the orchards because it does not pay to pick them up and press them into cider. Warren Stiles tells me he could prepare plans for the systematic leasing and restoration of old orchards for cider production. He suggests that a minimal spray program to keep yield high — two or three sprays a season to protect against two or three big yield-reducing insects — would be an important feature of an economically promising plan. There are new scab-resistant, low maintenance varieties of apple that could be investigated for cider production. Maine could benefit greatly from another small-farm source of income, especially one that promises to be ecologically sound (bearing in mind, too, the social ecology of its inhabitants). We ourselves are not prepared to launch such an enterprise right now, but would like to stimulate consideration of it and encourage the exchange of information and ideas. At one time Normandy annually produced one bottle of *cider* for every four bottles of wine produced in all of France. Could Maine become the Normandy of America?

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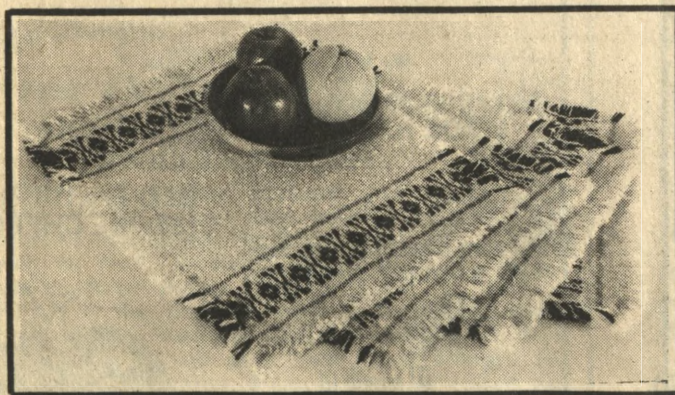
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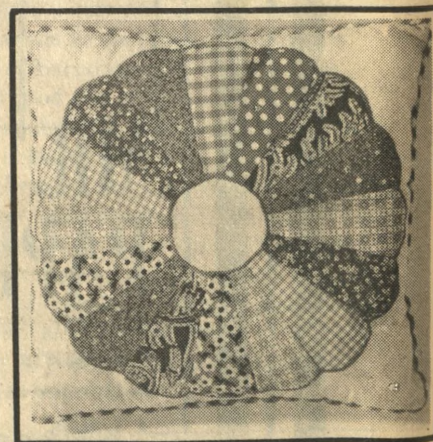
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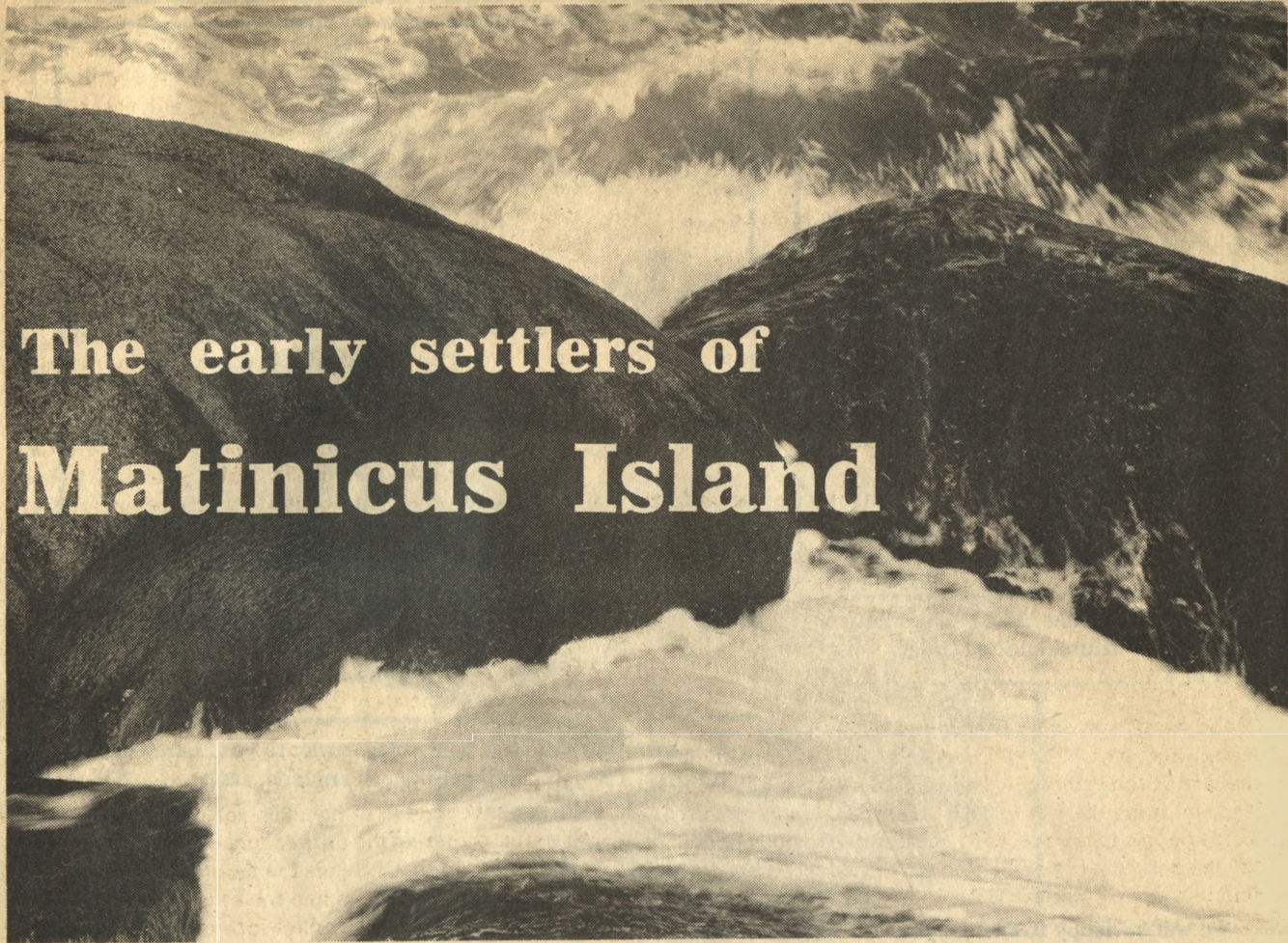


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# The early settlers of Matinicus Island

by Anne L. Kuhn

**M**atinicus, situated at the entrance to Penobscot Bay, is the outermost inhabited island off the coast of northern New England. As the crow flies, it is twenty miles straight out from Rockland, but the route taken by Captain Norris Young's mailboat, the Mary A, measures some twenty-three to twenty-six miles, depending on adaptation to wind and weather. Except for its close neighbors, the smaller island of Criehaven, and Matinicus Rock, where the lighthouse is located, there is nothing but ocean between Matinicus and Spain.

It is believed that Norsemen, English, French and Spanish explorers landed on its shores ten centuries before the first settlers arrived here. They were followed by successive generations of Indians whose canoes traversed the waterways. When Ebenezer Hall, father of the island's first permanent settler, arrived in 1750 he came into conflict with members of the Penobscot tribe of the Tarratine Indians. Over the years, the Indians had made periodic visits here to collect the eggs of sea fowl, to make use of their flesh and to fish in the teeming waters surrounding the island. Seal and porpoise were taken for their meat and oil. Indian women and children came ashore during summer expeditions to help with the drying and storing of fish, as well as to pick the berries which grew then, and

do today, in such profusion. Some of these they dried for future use.

Hall, ignoring their prior claims, had progressively more antagonistic skirmishes with the Indians, burning over an adjacent small island and others of their rich grasslands in order to grow forage for his sheep. This destroyed the nesting places and drove away the sea fowl. The Matinicus land area measures seven hundred and twenty acres. The treeless borders of the island were originally encircled inward some rods by a wide band of grassland, enriched for countless years, by the guano, or natural manure of seabirds. Destructive to trees, this nevertheless contributed to the remarkably rich and varied vegetable life of the island, which persists today in the fertile and blossoming fields and meadows.

Concerning this conflict of interest, it can be said, on Hall's side, that forage and hay were to become legitimate needs of the young people soon to settle here. But he did not live to witness this. Retaliation for his hostility came when two Indians were discovered to have been killed and buried on the island. A siege on Hall's house led to his death and scalping in 1751. Mrs. Hall and four children were taken into captivity. She survived to marry again, but she never returned to the island. The older son, Ebenezer Hall, Jr. who was away from Matinicus at the time of the siege, returned with his bride, Susannah Young, to claim the land deeded to him by his father, and to be-

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*Anne Kuhn lives year 'round on Matinicus Island.*

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come the founding father of the Matinicus colony, in 1763. Joined two years later by Susannah's sister and her husband, Abraham Young, they were joined by at least seven migrating families between 1765 and the mid 1800's. Although the names were identical in 1810, the number of families had increased to 15 and the population to 95. If you visit Matinicus today, you will find three family names in particular carry over among their descendants to the present day: Young, Ames and Philbrook.

Farming, some lobstering and fishing, including the development of sizable cooperative fish industries, were the chief occupations of families arriving here between the late 18th and late 19th centuries. In considering the motives that led them to come here, it is tempting to suggest parallels between their exodus from the mainland, and the present-day trend on the part of couples who are turning back to the soil.

The latter, particularly the city-born, may be fleeing from the artificiality of the "asphalt jungle," but they are also looking for a healthy and satisfying livelihood that will give their children some feeling for the still available natural bounty and beauty of our threatened planet. Some may yearn for outdoor life, and just plain good food that doesn't come from a box or a can.

Matinicus colonizers were possibly motivated by the "good word" spread by friends and relatives. But other factors may have entered in, related to the aftermath of the War of Independence, and to hard times on the mainland following the War of 1812. During the latter, many Maine people lost work when cheap British goods flooded the market. There were some who turned westward to find new opportunities. Others suffered deprivations on Maine farms when repeated unseasonable weather and severe frosts destroyed crops and caused the starvation of baby calves, lambs, and pigs, while grown cattle had to survive on a diet of birch twigs. But whatever the reasons, Matinicus settlers were to find their efforts fully rewarded, with rich land waiting to be tilled, and the sea offering continuing opportunities for a livelihood.

Life was strenuous for the early builders here, and luckily they were very sturdy. The Halls had fifteen children, the mother lived to be ninety years of age, and their friends, the Youngs, had a family of thirteen. The early dwellings were made of logs, but these were later replaced by the trim, well-built frame houses of today, fashioned to endure, of hand-hewn timbers and hand-wrought nails and fittings. Vessels that brought newcomers carried all their worldly goods — spinning wheels for the making of clothing spun from the wool of their sheep, furniture, crockery, tools, supplies, farm equipment, and, perhaps not all at the first landing, farm animals. An assessor's schedule lists the total of island livestock in 1845 as: 14 oxen, 63 cows, 30 head of young stock, and 485 sheep. At least two horses were to come later, and probably wagons, rakes and carts drawn by yoked oxen.

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The heavy work of cutting and clearing, building, ploughing and planting was done by the men, with added attention to the growing of young livestock. Women helped with haying, gardening and care of animals, particularly when the men were drawn increasingly to work in the harbor and to cooperate in the fish industries. This they did in addition to the many food preparations, in which they were helped by the children; girls, learned to cook, knit and sew when very young. Dairies connected with the home or the barn supplied eggs, milk, butter and cheese. Chicken and turkeys as well as goslings were grown for consumption, ham was cured, as was fish, which was dried and salted. As if this were not enough, the women held Quilting Bees for recreation and sociability! Berrying was a pleasant occupation, and strangely enough was thought of in later years as a not unsuitable occupation for the men of the family, probably to help during times when large quantities were being preserved for future use.

Concerning some of the farming activities, past and present, I talked recently with two men who remember the old-time practices. Clifford Young, now 80, is the son of Ernest Young, and heir to the old house, barn and originally the livestock left on the site of one, of five large operations of the early days. Ernest owned a big ox cart, painted bright blue, to which was yoked two oxen. This was hired out for haying purposes, and as late as 1937, during my first summer here, the cart proceeded along the two mile stretch of the main road, running from north to south, gathering the mowed hay covering the wide expanses of field that extended in front and some distance behind the houses which line the road. At that time one could see across the one mile width of the island, so that the sea was still visible on either side from east to west, as well as the brilliant sunsets in the full arch of the sky. Now the trees, grown very tall and densely clustered, have crept closer and closer toward the rear of the houses. This is due of course to changed methods of heating, as well as to the reduction in the size of family gardens.

Clifford remembers, as a boy, enjoying the scything of grass near the old stone walls, where the blades of the mower could not reach. Underneath the grass were gooseberries, boxberries and strawberries, to name a few of the varieties found here. Today one rarely sees gooseberries, but a currant bush heavy with fruit grows on Harbor Point, near the house he occupies during the summer.

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As to farm gardens, the Ernest Young establishment had a large output, with as many as 300 bushels of potatoes being sold each year to the Henry Young Company store. This store has been carried on by five generations of Youngs, selling general supplies, particularly in the early days, as well as groceries. Planting of gardens is a month later here than in Massachusetts, despite the fact that temperatures are moderated by the surrounding sea, and are usually ten degrees higher than those on the mainland. All kinds of vegetables thrive here, although some difficulty is encountered with tomatoes, corn and parsnips. Clifford spoke of the use of salt water to water cabbages. A barrel filled with salt water was dragged along to water the rows.

Orren Ames, whose grandfather, Wilmer Ames had one of the large farms at the other end of the island, continues to maintain a real showplace of a garden. He speaks with pleasure of his early years when he helped his grandfather and learned many of the techniques he now uses. The term "organic" gardening is not used here, but one gets the impression that the methods are "naturally" organic — the use of manure from all animals, as fertilizer for vegetables, with a few exceptions. He spoke of the use of seaweed for cabbage and turnips. Peas require extra tending and he showed his telephone peas carefully set some distance apart and nicely twined about their high poles. As far as flies are concerned he said, the birds help, the barnswallows help. Clifford Young had a different sort of comment concerning the birds. "Crows, he said, "could shell peas faster than he could!"

Wild apple trees need care — pruning, manure, etc.

Chemical sprays are sometimes used for fungus. Orren spoke of the good old days as recent as the time of the second world war, when one could walk out to any one of five households where dairying was still in progress to buy fresh cream, butter and eggs. Say you wanted a nice chicken for your Sunday dinner, . . . you could also purchase a newly dressed one, or a turkey, or pork.

Chaney Ripley has grown many vegetables for years, with great success. He lays down seaweed of the brown algae, or bladder wrack variety, between the rows, in the fall, turning it under to enrich the soil in the spring.

The interest of young people, particularly in the last few years, has resulted in new gardening ventures. This includes the gathering of wild edible plants and grasses, and the survival arts practiced by the Outward Bound group from Hurricane Island who come here for visits. History repeats itself with the acquisition again of a number of small animals such as goats, to swell our large population of dogs and cats and gulls.

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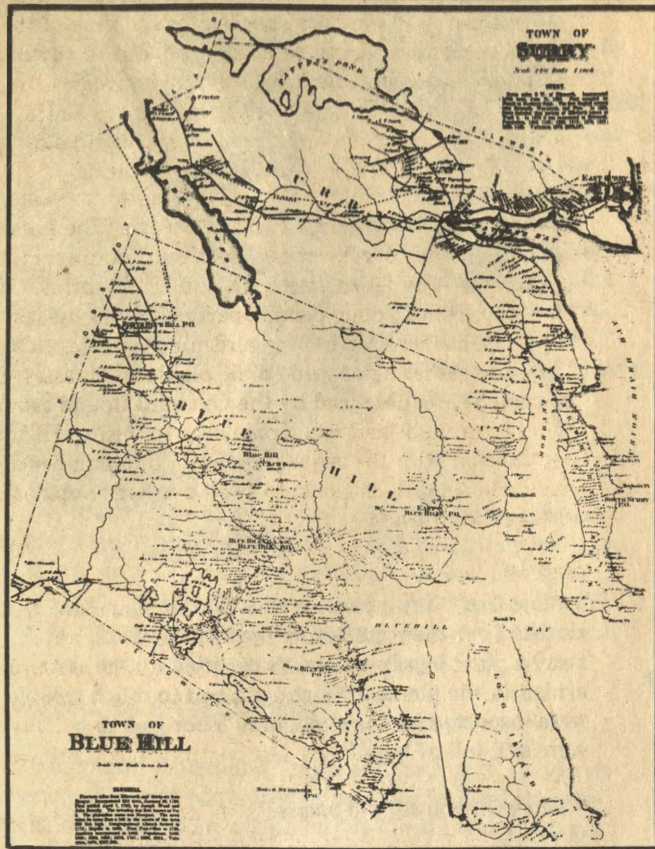
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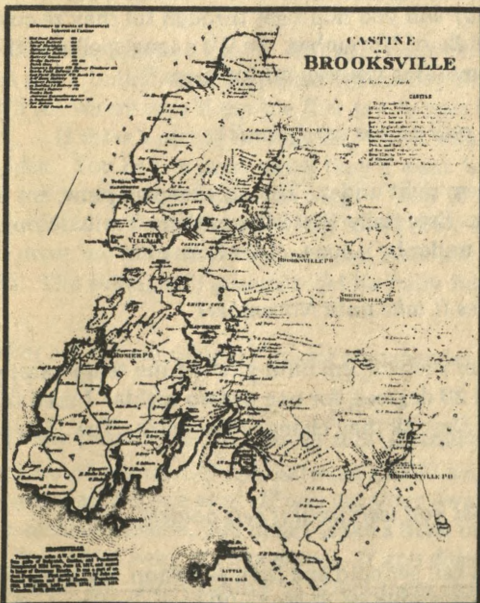


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# MAINE ALBUM

*In the following interview, Merton "Spunk" Hatch, 68, of Castine, Maine talks about strawberries and his thirty years raising them. Spunk now has a small strawberry field in North Castine which he raises every year and sells by letting the public harvest their own berries. Mr. Hatch was interviewed by Susan Manning.*

**S**trawberries, of course, they grow 'em all over the United States. But I think we grow the best right here. Of course, you take in town where it's protected by buildings — why you don't have to worry so much about frost. But in a big field in the country, you've got several things to think of, and of course in spring one worry is the frost gettin' the blossoms. I disagree with one of the state men that the top of the hill is best, because the top of the hill is liable to be rocky and it's hard to keep mulch on them in the winter; it blows off and of course they get all the cold wind. You go down to the bottom on the lower land, you're awful liable to lose your blossoms in the spring by frost. About the middle of the hill is the best place. As for soil . . . some varieties will grow on most any soil. Other varieties would rather have lighter soil . . . sandy soil. So you've got to know your varieties so you'll know what to set out. "There's no perfect strawberry plant.

*What do you do to protect your berries from frost in the spring?*

"Well, I don't. Most people don't. Some people go out and burn up old hay and tires like that, but I figure I want my sleep. If I lose 'em, I lose 'em. I don't think I lost any more than anybody else ever did. You keep 'em covered with hay in the spring as late as you can . . . that'll hold 'em back about a week and that helps out.

*Do you get new plants every year?*

"I generally get new plants every year. Once in a great while I'll set a few of my own but they pick up the virus, especially if you use a field for many years. That field is full of virus disease. It's a good idea if you set out new plants every year.

*How long will your plants produce berries if you leave them alone?*

"Well, that's a question. They might not even go two years or they might go three, four. It's just knowin' what the weather is.



"You can't buy a plant in the state of Maine unless it's certified by the state before they sell it. I can't even give away a plant legally unless it's certified by the state. But evidently the plants I bought and had so much trouble with were inspected by the state, too. They had to be, but they were still full of bugs."

*When do you set the plants?*

"The time to set out a strawberry plant in this section of the state is during the first of May because the sooner you get 'em in the sooner you get 'em started. Especially if it's a local plant. If you buy a plant from the South they shouldn't be put in until all danger of frost is over, the 10th or 15th of May. It won't kill 'em. I've had 'em knocked right down with frost. It won't kill 'em but it sets 'em back like the dickens. And of course, you got the care of plants. You're raisin' strawberries, there's more work and more hours and more months of work than anything you can grow I know of around here. You start in the first of May and you don't get through till they're covered in the middle of November. So it's a long spell and there's always something you can do for them."

*Do you pull up the used plants?*

"Plow 'em right under. The quicker you plow 'em under the better. Especially that little cyclamen mite. Soons you plow him under he's done. That licks him."

*Why does it take until November?*

"You can't mulch 'em until you get the temperature down to at least 20 degrees, for one or two nights. I used to start Armistice Day 'til they changed the dates. The 15th is about the best."

*Why must you wait until it gets colder?*

"Well, it can get cold and then get warm again, but the temperature should be down to 20 to make the plant more dormant. You cover a plant that isn't dormant, you might



even kill it. And so, as I say, I use marsh hay when I can get it. The last few years I couldn't get it. Marsh hay is any hay that's grown in a wet, boggy place . . . not English hay that grows up high. Some people use sawdust or pine-needles but the difference in marsh grass or straw is that marsh grass will loosen up better on the plant and let the air in in the spring, but if you cover it quite heavy with straw you got to be awful careful because t'will yellow your plants when they start up in the spring. Course it can be taken off, some of it, and shaken up but you got to be careful of that. But straw is good cover. The only trouble was that I got quite a lot of oat seed in mine, it wasn't threshed good. I didn't have too much trouble with it though, because I had a million blackbirds off there for about a month that ate 'em up."

*What is your planting method?*

"I set my plants and rows about five feet apart each way. Last fall I pulled tons of runners out of them, they were too thick. My ground is in good condition, we had plenty of rain last fall. If I set 'em any closer I don't know what I'd do with the runner plants. On a dry year you'd be all right."

*What do you use for fertilizer?*

"In preparin' the ground I plow and harrow it, two years generally, before I put anything on a'tal. So it takes really about four years from when you start in till when you get berries. You don't get any berries the first year you set 'em out. Well, you can use a lot of hen dressin'. But straw-berries want a lot of stuff plowed into the ground, a lot of humus. And they don't take to commercial fertilizer too much. Hen dressin' is good but hen dressin' don't last so long in the ground. The dressin' should be put on a year before you set out the plants, because of course hen dressin' will burn 'em. I burned a lot of 'em when I used to put it on in the spring before I set 'em out.

*How do you keep the birds from eating the berries?*

"They don't bother much. Just the coons eat 'em. The birds don't bother on a big piece. When they first come on you'll see where they'll nip the first few berries but after that . . . if there's plenty of 'em, they don't want 'em, that's the idea. You have a small patch they'll want 'em all. One year I did have come cedar waxwings — they're a lot worse than a robin — the cedar-waxwings won't leave a piece a'tall. You drive 'em off and the minute you leave they're back again. The robin, he'll generally get his belly full and go off.

*What are the economics of raising strawberries commercially?*

"Today I should say to raise an acre of strawberries and take care of 'em should cost between \$2500 and \$3000. For one man for one acre. If you use your own time and have another income, you might make a little out of it. But if you hire help, it's dangerous. If you didn't have any drought or any other trouble to affect them the crop would be anywhere from 6000 quarts to 14,000 an acre, and they sell 'em in the field anywhere from 40¢ to 70¢. But I don't

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think a man today should figure on making over \$2000. And he might lose everything, same as I did in 1965. We had a drought."

*Can you irrigate in a dry year?*

"It's no use to irrigate unless you put at least 2" on 'em. And when they're awful dry it should be 3". And that's a lot of water. A hundred tons of water I believe is what falls on an acre in an inch of rainfall. So you'd have to haul two, three hundred tons of water to do any good."

*What's the best way to buy varieties of strawberries for Maine?*

"In this section there might be a dozen varieties you could raise. But in reading a catalog, you don't want to pay too much attention to what they say is best. These nurseries, once in a while send me some plants that they haven't put out in the catalog to try out, about 25 plants. Finally they didn't send anymore because every one they sent I wrote back and told 'em they was no good for around here. I didn't hear anymore from 'em, but they come out in the catalog. But as I say, they was no good for me."

*What problems do you have with insects?*

"Insects . . . that's one of the main problems. It's like children, if they get a disease you got to know how to handle it. One of the enemies you get, especially on solid

ground, if the ground isn't worked up for 2, 3 years, you'll get the white grub, the larva of the June Beetle. They eat the roots.

"You get the spittle bug, a little bug that looks just as if somebody spit all over them. They feed on the stems of the plants. I never saw that they did too much damage to me. But I try to take care of 'em anyway. People don't like to pick 'em on account of how it looks.

"Then there's what they call the Tarnish Plant Bug. You've seen berries that was deformed, little berries that they used to call nubbins. People used to blame it on the dry weather or somethin' like that, but it's caused by this little Tarnish Plant Bug.

"Then there's the Strawberry Weevil which in some sections, I think it was 1956, did a lot of damage in this state. They puncture the buds of the strawberry plant until the blossom falls off. I've had 'em when they really did quite a lot of damage. The idea is to get 'em early before your plants ever come in to blossom.

"Then there's the Cyclamen Mite. That gets at the crown of the plant. They were at one time about the worst enemy we had here.

"There's leaf disease, which is a fungus and generally happens on wet years. Fog and so forth. Leaf spot is gray spots on the leaves with a purplish border around it. They'll spread. I had it last year and I couldn't lick it.

"Then there's leaf Scotch which happens on the leaves, a round purple place without a gray center.

"Then there's leaf blight which is brown spots surrounded by a purple margin. These are all funguses.

"Then there's Red-stele Root Disease. The center of

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by Donna Lee Phillips



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the root is called the stele and that, of course, is supposed to be white. When it turns brown and then red you got Red-stele Root Disease. 10-15 years ago it was very dangerous around here. It don't seem so bad now.

*Will a good fence protect your strawberries against animals?*

"Well, t'would have to be a quite high fence to keep the coons out, the deer, either one. These animals down this way are just lickin' us. The coon has been increasin'. Now when I was about 15 years old, I used to trap around here, you know, fur-trap out near the Mill Pond and I caught a coon in a muskrat trap. That's the first time I ever heard of a coon bein' around here. I thought they was a southern animal, see? Fifty years ago. And there was no deer. When I first went huntin', I went down to the pasture huntin', I was about 12 years old, found a deer track, and I run like the devil to the house, to tell everybody there was a deer out in the woods. Now they're right up on your lawn every night."

*Do you use the state-offered repellents?*

"Never put a thing on 'em. And those repellents now just attract the deer. They've used the same repellent for at least ten years I should say, and when the deer smell it, they know there's something to eat. It attracts 'em.

*Are there problems with public picking?*

"Yes, some fill their boxes too full. Sometimes you have to tell 'em to put more on. One in a while I give some body the devil for fillin' 'em too full but generally I keep my mouth shut. I know one fella, he went out there one day and picked a half dozen boxes and they were pyramided, not rounded off, but pyramided right up. I said you don't think you'll get away with that for a quart of berries, do you? Well, he said, the sign out on the road said so much a quart, didn't say how big a quart was supposed to be. Course, that was just an excuse.. If they fill 'em a little bit too full you can't do much about it. Most everybody knows a box of berries weighs a pound and a half. We had a woman come in here and she picked a half dozen or dozen boxes and she didn't fill 'em, just barely up to the rim. I was hopin' she'd come back so I could make it up to her. I been feelin' guilty ever since for lettin' her go off with 'em.

"I had one girl, she was quite a big girl, too, 'specially on the bottom side of her and she would sit in one row and pick the other row. I'd go up to her and say look, you're squattin' those berries all to pieces. . . fifteen minutes I'd look back and she'd be still sittin' in that row picking the other one. When she went home her back t'would be just as red as could be all over.

"But I get some awful nice people. This year a woman brought me down a nice big strawverry pie, boy, that was the best pie I ever ate. Yeah, I get some awful nice people."



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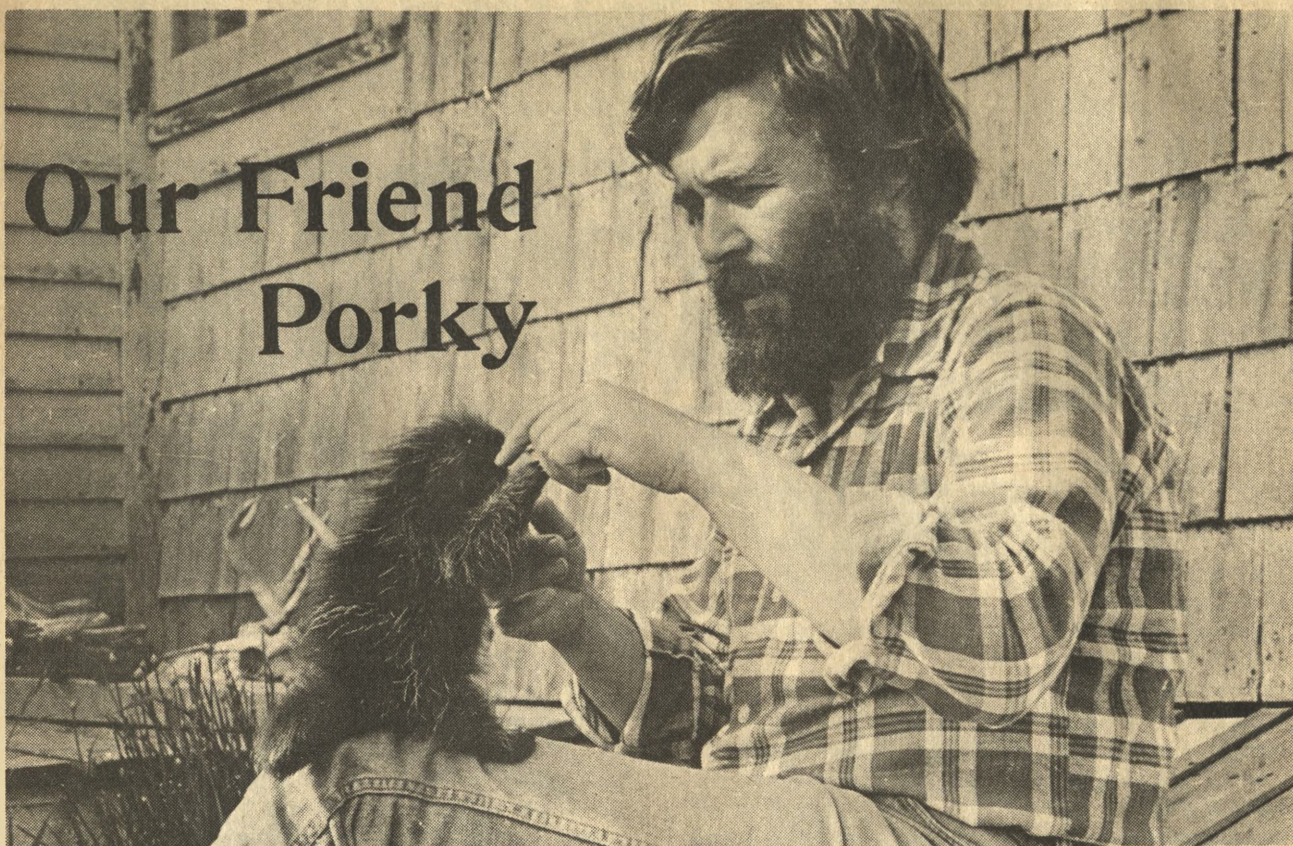
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# Our Friend Porky



by Karen Frangoulis

**I**t was the end of May, Spring had begun and our thirteen-year-old, Christopher, burst into the house announcing, "I brought home a baby porcupine!" I couldn't believe it. Just a month before, I'd read the book, *How Do You Spank A Porcupine*, by Ronald Rood. A family in Vermont had, for nine months, adopted a porcupine found by a dog. I never expected the same thing to happen to us.

But our curiosity got the better of us. Following the book's description, we donned leather gloves, prepared a warm goat's milk, corn syrup and salt formula, and began feeding our defensive ball of prickles with an eye dropper. Within days "Porky" became a friend and we no longer needed the gloves. She sucked the milk like any baby, smelled like a coconut and her blunt little nose and black shiny eyes made even the skeptics say, "Aren't you cunnin'!" "But when they had the bounty on porcupines an' I was just a boy in highschool," said our friend from Newport, "we'd go out, find a couple, shoot 'em out o' the tree and have enough money for our Saturday night date."

By the end of the first week, Porky weighed one pound, was about six inches in diameter and began climbing out of her cardboard box, wanting to explore and get better acquainted with us. Soon she was wandering — I should say waddling — through the house, crawling up her nearest victim to reach her favorite delicacy. She'd search through beard or hair until she found it — the ear lobe — and then suck contentedly.

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*Karen Frangoulis farmsteads with her family in Blue Hill.*

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Unlike the Rood family, we had no screened porch of huge Vermont maple tree on which to "cage" Porky. When she outgrew her indoor basket and overnight guests became increasingly nervous at bedtime, outdoors went Porky, and we wondered if we'd ever see her again. Little did we know. A wild creature, especially a baby, stays where the food is. In July and August, Porky was the central attraction for all our visitors. She'd hear our voices and come scurrying down from the top of the cedar hedge, out from under the milking stand in the barn or back from a jaunt down the road. Her orange rodent teeth, beautiful brown shiny claws and white quills were growing sharp. Holding Porky was painful, yet she still wanted to suck on a good ear lobe.

It's fall now. By the end of summer, Porky had been "released" several times in the woods, with no sad good-byes, to wander off. The next day, there she'd be, swinging open the kitchen door with her black padded hand, saying, "Huh, huh, huh," and hoping to have milk, bread, fruit; or she'd help herself to tender green chard in the garden! Friends warn us a porcupine damages trees and eats axe handles, and surely she will. Our near-sighted, eagle-eared friend may regain some wild instincts come hibernation time or mating season. If not, we'll find a wild wooded area for Porky. She's not totally undefensive. A quick or noisy sound causes her to whip her muscular tail and spin around in defense. Already she has explored a wide territory, visited the first grade class, and captured our affections. Hopefully, Porky's departure will be her own choice. But I wouldn't be surprised if she's around to visit the second grade class, and maybe even curl up under the Christmas tree!





## Be Your Own Woodland Manager

by Jack Bulger

**I**t's a rare Maine Farmstead, or landowner, who does not have a section of land devoted to a woodlot. Most wood lots just came with the land, and many may have either been neglected or abused by some former owner. Some, however, have been well managed over the years. Periodic thinnings were carried out and sold for pulp or used for products around the farm, and the results today are vigorous, well-growing forests. During the winter months, after crops were harvested and machinery repaired, most Maine farmers worked in their woodlot. Today, as in years gone by, we can again start using the farmstead woodlot to bring the forest stands to higher productivity and more vigorous growth. One problem may be how best to use this area according to the desires of the owner. The primary use does not necessarily have to be timber production, although this is the one use that will help pay the taxes, salvage usable timber, and return the landowner valuable products for use around the farmstead. Some owners might prefer to manage for aesthetics, or game, or just plain health and protection of the forested land. Whatever the purposes are, the key factor is regulation, and the key to regulation is good sound planning and management.

---

*Jack Bulger is a District Service Forester for The Bureau of Forestry, State of Maine.*

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With a little care and study, you can plan for and manage your woodlot within this process of regulation. One of the first steps is to check the boundaries of the woodlot. Are they plainly marked? Is there an old fence, stone wall, or blazed and painted trees along all lines? If the lines are doubtful, either obtain the services of a surveyor, or if possible to discern old blaze marks, re-blaze and paint with boundary marking paint either above or below the old blaze. Never re-blaze on top of an old blaze. The saying, good fences make good neighbors, is true, and a plainly marked line is a deterrent to timber trespass and a great help to you or a logger who may be cutting some timber on the lot. Once the lines are established, the next step is to make a reconnaissance survey.

The recon survey may be anything from a cursory walk-through to a detailed analysis of forest types, volumes, density, age and species. It's up to you, depending on how intensive you wish to manage your lot. One source of assistance for the survey can be the farm plan some farmsteads have received from the Soil Conservation Service technicians. The aerial photos in the plan can be used to good advantage. Aerial photos of many areas in Maine are on file at County Soil Conservation Offices, and may be examined by landowners at these offices. Attempt to map from the aerial photo areas of similar growth and appearance. It's reasonably easy to determine softwood, hardwood, or mixed-wood growth, in addition to open areas, swamps or water on the photos. Open areas show up quite light



in contrast to forested sections. Lakes and streams appear quite black in shade and softwood growth appears uniformly dark. Hardwoods appear as a lighter textured shade, and mixedwood growth a rough textured medium shade. Similar areas of ground and forest features most often will cover moderately large areas on the photo, so with a bit of practice its not too difficult to outline each section as to the correct ground cover. A good sketch map showing these areas is of great help in the survey procedure. Now you should have good boundary lines, a sketch map showing similar areas of forest land, and a pretty good idea of which features are present and their location. Bring the map you drew, a good compass, and a topographic map on which you can locate your land, into the field when you make your survey - and use the compass!

**A** good field survey attempts to accurately locate general forest types, old skid roads, wet areas, old growth overmature timber, young seedlings, saplings and reproductive areas, streams, bogs, and any geographical feature which might be of future use. Lay out survey lines, preferably by compass bearing, spaced at convenient intervals throughout the lot, and walk these lines noting on your sketch map the details you wish to include. Try and outline on the map areas of similar forest growth. Soil types are another feature you might attempt to map.

Determining soil types on forest land can be somewhat of a problem. Some forest soils are not mapped to any great extent, but close observation of geographic features may offer some clues. Look especially for ledge out-croppings, which may indicate shallow soils. Large rocks or boulders on the surface sometimes indicate a poor chance for logging and may offer a preview of undersurface conditions. Look for cut-banks, where soils are exposed and may give some indication of the soil type in that area. Standing water in the forest may indicate poor drainage, or the existence of a layer of clay or hardpan beneath the surface.

The species of tree which grow on an area may also be significant of very general soil types. For example, the pines, which like a deep, well-drained sandy or gravelly soil, sometimes may be found growing on these soils. Is the tree vigorous? Is the color of the foliage a dark green. and does it look like the tree is thriving? If so, pine may indicate this sandy type of soil. A quick check may be made by digging a small soil pit to see if the soil is sandy, clay-like, or a loam mixture. Hardwoods do well on deep stony loams, sometimes found on ridges. Some hardwoods, such as the red maple, may be exceptions as they are usually found on the wetter, more poorly drained soils. Spruce and fir does well on stony silts or silty soils, and although it may be found growing on clays and other bog type soils, it makes its best growth in the silty areas. Of course there are exceptions, and many of them, to determining soils by this method. Often we find tree species and stands in Maine which are "off-site" and which make it difficult to arrive at identification of soils correctly by this method. In some instances, site quality, which consists of all the environmental factors acting within the ecosystem, will be a more important factor than soils identification.

Site quality, or site index, refers to the relative potential of that particular area to grow a stand of desirable forest trees. Very simply, site class I would correlate with exceptionally good tree growth. The trees growing on site I

areas should be long-stemmed, healthy, and give the general appearance of vigorous trees having good color and well developed crowns. Site II, or medium growth areas, will result in trees of somewhat less desirable characteristics, and site III, or low productivity areas, result in poor growth short trunks, small crowns, and a less vigorous appearance. A little practical experience gained through observation and examination while in your woodlot will quickly prove valuable in determining best sites and soils.

On-the-ground management, by thinning, weeding, releasing, or salvaging trees from different areas, pays greatest dividends in increased growth and general health if the work is concentrated on site class I areas. Priority areas for treatment should be outlined on your sketch map for future reference.

**A**t this point in time, boundary lines should be well marked; aerial photo information noted; a good sketch map of the property constructed; and a familiarity with geographic features and forest types should be known. The next step is to select those areas to which you have assigned high priority for treatment and begin work.

Perhaps the highest priority should be assigned to areas in which there is obviously large, overmature timber. Growth will have slowed within these stands, some trees will be dying, and some will have already fallen to the forest floor. The nature of work in these areas is to salvage the remaining trees which have little chance of surviving another five years. Look for trees to cut which are larger than the adjacent stems, poorly formed, diseased by rots and cankers, or obviously in the process of becoming a part of the mortality in the stand. In addition, this type of harvest cutting tends to open the stand to more light which encourages the growth of new seedlings, thereby establishing the next forest stand.

A second highest priority might be assigned to areas of young seedling or sapling stands. Species composition may be improved here by removing some of the intolerants, or faster growing species. Such species as gray birch, poplar, alders, cherry, and in some cases, sprout red maple and beech would be included in this class, and usually hold back the growth of the more desirable tolerants and longer lived species present. Tree species such as ash, white birch, sugar maple, yellow birch, and oaks, in hardwood areas, along with pine, spruce, hemlock, cedar, and fir in the softwood areas, are trees to favor. Often young seedlings or saplings of the desirable species may be overtopped by the faster growing intolerants, and by removing these less desirable trees, increased growth of the better stems results in a higher quality and more vigorous forest. Just as vegetables in the garden will not thrive under the shade of weeds, so in the forest also, crop trees are suppressed by these overtopping intolerants.

Certain sections of your forest may be too dense for best growth. These areas may be hardwood, softwood, or mixedwood compartments. When thinning in these compartments, attempt to select the best trees to save — the crop trees of the future — and then thin the less desirable stems from around the crop trees. Some sections which are in need of thinning may include smaller pockets of young spruce and fir thickets, or beech sprout growth. Generally, in view of the economics of time and work, it



may not be feasible to thin these areas. In some cases, the dense young growth may consist of low value species, and the time and effort required to effectively thin these areas will never return the farmsteader enough to financially recoup his expenses of thinning.

On the other hand, stands which are mature pulp or sawlog sized may be thinned for useful products. Density, or the space between trees, will be determined by the general size and the species of the stems within the stand. For areas of mature trees of sawlog size, ten inches or more in diameter at breast height, spacing might ideally be about twelve to twenty feet between each tree. Conversely, a pulpwood-sized softwood stand, with a diameter average of about five to eight inches at breast height, would suffice with a spacing of eight to twelve feet. A stand which is too dense will usually cause the crown, or leaf area to extend only a short distance from the trunk of the tree.

Appearance of the crown may be used to determine a number of factors pertinent to health and growth. Is the crown a good deep green color? Does the foliage extend to the very ends of the branches? And is at least forty to fifty percent of the total height of the tree covered with leaf area? If so, the tree probably is making good growth, is reasonably healthy, and is not losing moisture and nutrients to heavy competition by adjacent trees.

**G**ood growth and a healthy forest stand will result in many useful products for you and the farmstead. both now and in the future. Cedar may be used for fencing; gray birch and other rough hardwoods make good fuelwood; softwood and hardwood pulp may be sold; sawlogs and possible veneer logs return high values to the landowner; new cuttings encourage young sprouts and seedlings which attract game animals; slash left evenly scattered and near to the ground decays and returns nutrients to the soil; larch or tamarack make excellent material for building bridges across streams and for making water bars for haul roads; woods roads which are opened-up or newly constructed serve as excellent fire protection, and should be seeded down after use with a cover of conservation mix, Japanese millet, or Italian Rye grass, to prevent erosion and produce feed for wildlife; young balsam fir may supply tips and greens for brush used to make Christmas wreaths; young natural fir may be cultivated for Christmas tree sales; and if you're lucky enough to have a good stand of sugar maple trees on the property, maple syrup production can be a reality.

Of course, many situations cannot be discussed in an article, and the guidelines set forth here are merely suggestions of a general nature for the purpose of initial regulation. The recommendation at this point would be to take advantage of the services of a professional forester. Fortunately, Maine farmsteaders have available to them the services of such professionals upon request. Consulting forestry firms, State Agencies, and Extension Offices will be happy to make referrals and to assist the farmsteader in the management of his lands.

The purpose of management, whether for timber production, game management, aesthetics, or useful farmstead products will be more readily realized from a well regulated woodlot.

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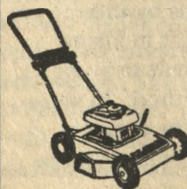
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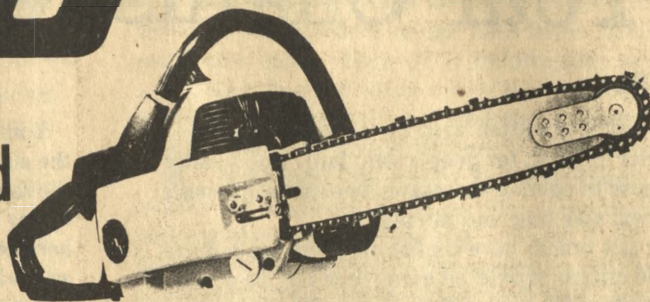
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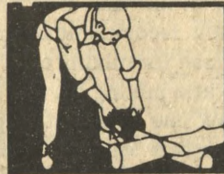
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# Care and Use of Your Chainsaw

by Charles Page

**T**his article is written with the occasional woodcutter in mind; for people who burn wood and choose to operate chainsaws, here are some basic tips which will save time and money.

All major saw brands have similar maintenance requirements. Two criteria should be used when buying a saw for the first time: (1) availability of parts (distance to saw shop), and (2) what you will use it for. I use a Partner R20 because I cut wood eight hours a day, and a reliable saw shop is just down the road. I suggest you choose one that is light enough to handle comfortably. Old clunkers are fine if that's what you have.

Proper care of gas and bar oil is the first step to good maintenance. Use relatively new gas. Saw manufacturers recommend regular gas. Our logging crew uses non-leaded high test Amoco gas because it burns cleaner and smokes less. Mix whichever gas you choose with 2-cycle engine oil according to the directions on the can. Don't necessarily follow the saw manufacturers recommendations, as many times the proportions given for mixing only apply when using their special high-ratio mixing oil. We buy Jonsereds two-cycle oil and mix one quart with 4 gallons of gas. Be sure to shake the mixture well each time you use it, as two-cycle oil tends to sink to the bottom of the can. Use clean, air-tight containers to store the fuel. Avoid storing a small amount of gas in a large container as this will make a greater surface area available for condensation. Never use the last few tablespoons from the container — it may contain water.

Bar oil should also be kept in clean cans. Dirt can clog the oil filter screens and prevent the oil pump from working efficiently. Use special grade bar oil rather than engine oil. We use 10-40W bar and chain oil, available in most saw shops for about \$1.60/gal.

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*Charlie Page, a professional woodcutter, lives and works in Penobscot.*

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Your saw must be cleaned regularly to work right. Soak the air filter in gas or kerosene a few minutes to remove the sawdust and oil which covers it. If you attempt to scrape it off you will damage the filter. To clean the carburetor compartment, remove its outside cover and pour gas or kerosene over it. An old toothbrush will help remove the caked-on grit. Next, find an old hacksaw blade and run it between the engine's cooling fins to remove grit which may cause overheating. Every so often, the pull-cord starter mechanism should be removed from the body of the saw and cleaned. Be sure to clean and oil the two fingers held to the fly wheel's center by springs, while you have the mechanism off. Failure to do this will cause the fingers to disengage from the pullcord mechanism in cold weather and you won't be able to start the saw.

Tuning your saw seems difficult at first, but it really is very simple. The high-low adjusting screws located on the side of the carburetor control the gas-air mixture. Turn the high screw in enough to get maximum power out of a full throttle. The engine should accelerate smoothly to a level which sounds clear and powerful. If the saw seems to scream or rattle, or the engine has a tendency to cut out as the throttle is increased, then the high screw is in too far. Having the screw out too far will cause the engine to smoke excessively. The low screw will maintain a continuous idle when your finger is off the throttle. If screwed too far out the engine will stop. If screwed too far in the chain will spin around the bar. At an idle the chain should not move. The idle adjustment screw (located next to the carburetor) should be turned inward a slight amount if an idle cannot be attained by using the low adjustment screw.

*If you've become totally confused by this description, try turning both the H & L screws all the way in, then turn them out 1 1/4 turns. This will give you a good point from which to start again.*

**Y**ou will spend more money on bars and chains than on any other parts for your saw. Treat them well. I might mention here that there are three types of bars to choose from: sprocket nose; roller nose; and hard







nose. The sprocket nose and roller nose are the fastest and smoothest cutting bars. They are, however, the most expensive and many times will not last as long. I recommend the hard nose bar for most cutting jobs. Correct chain tension is essential to long bar life. The chain on a hardnose bar should have  $\frac{1}{4}$  inch of slack if you were to gently pull the chain away from the bar. If it's too tight, the chain will hiss and smoke. If too loose, the chain, bar, and sprocket will undergo excessive wear. Also your chain will be more likely to fly off the bar. Sprocket and roller nose bars should be kept a bit tighter. With any bar the chain groove will enlarge with wear to the point where the teeth of the chain will not feed properly into the wood. Take the bar to a saw shop and have them grind it down. This process can be repeated a number of times before the groove becomes too shallow to use. It's also a good idea to file off any lips which might develop on the bar's edge before they interfere with your cutting. Be sure to flip the bar over every time you replace a chain. Hardnose bars with worn out or chipped tips can be retipped at some saw shops. The process costs around \$6.00 and is well worth the money. Pete LeMay's saw shop in West Enfield will do it while you wait.

Watch for wear on the sprocket (either rim or star) located on the engine's drive shaft. Excessive wear on this part can cause premature wear on the chain drive links. I might suggest here that if you have a choice between a rim sprocket and a star sprocket, buy the rim, as it is less costly to replace and also keeps the chain lined up better with the bar groove.

Always make sure the chain gets plenty of bar oil. If your oiler stops, stop the saw immediately. Running it without oil will cause the chain to kink — a condition which renders the chain worthless.

**C**hain sharpening is a difficult subject to discuss. On our logging crew there are four professional woodcutters, and each sharpens his saw a different way. Believe me though, they are all sharp. The only thing we all agree on is that new chains from the factory are *not* sharp. To make them ready to use, remove the metal lip left from machine sharpening at the factory.

Next file down the rakers using a raker gauge and a flat file. The best gauge I have found is made by the Carlton Chain Co., and is called a file-o-plate. It is flat and can be carried in your wallet. Saw manufacturers recommend that the saw teeth should have a cutting angle of between  $30^{\circ}$  and  $35^{\circ}$ . It really depends on what kind of wood you're cutting. For hardwoods, use a smaller angle — maybe  $25^{\circ}$ . On soft wood, an angle of  $35^{\circ}$  seems

to work fine. How you cut the side plate angle (the angle you see on the chain teeth looking from one side of the bar) is up to you. Chain manufacturers recommend  $85^{\circ}$ . I use an LP chisel tooth chain and make the angle about  $65^{\circ}$  for softwood. This is totally wrong according to most woodcutters but seems to give me a faster cutting and easier filed chain. Start off by following the book, and you'll soon find out which way is best for you.

**T**rouble shooting saw problems is something which takes time and experience to learn. Here are a few things I do when I'm having trouble. If it won't start I unscrew the spark plug, reconnect its wire cap and place it against the engine block. I pull the starter cord a few times slowly, if there is no spark then I know it's either bad points, condenser or spark plug. A word of caution for beginners here: if you've been pulling the cord a while trying to get it started, it may be flooded. This means that there will be a lot of gas in the ignition cylinder, which means that if your plug "fires", your saw will be on fire. Don't panic, smother it with your glove or something. If you know the saw is flooded before hand, wait awhile before trying to start it again. If the spark plug has fire, yet the saw won't start, I know that either there is water in the gas or the carburetor isn't working right. Take the cover off the top diaphragm of the carburetor (bottom diaphragm if a Partner saw), and clean out the various compartments you see. If there is a lot of grit in the filter screen, then maybe the fuel filter (located in the gas tank) has come off. If my saw starts but does not run smoothly, I know it's either water in the carburetor diaphragm or a bad spark plug. If the saw revs up and won't slow down, I know there must be an air leak between the carb and the engine or in one of the engine seals. Chain saws aren't very complicated so if you are the adventurous type don't be afraid to take it apart. Of course when you get stuck take it to a reliable saw shop. I always leave the big jobs for them to do. In my neighborhood I recommend the Moss Cove Power Shop, Rt. 166 (Castine Rd.) in Penobscot for reliable service.

Saws are not the only thing you must keep in good running order. Keep your body in one piece by using the following safety devices. A chain break will stop the chain's movement in about .13 seconds if the saw should slip from your right hand and buck up at you. The \$30 extra dollars it costs is well worth it. Shock absorber handles cut down the saw's vibration you receive and therefore give you better cutting control. Continuous use of a saw without these special handles cause permanent capillary damage in your fingers. Earplugs are necessary when you







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are using older saws with straight pipe mufflers. Newer saws can cause ear damage also, when run for long periods of time. Bilsom, a brand of gun cotton, works the best for me. Working in the woods I also recommend hard-hats and steel toe boots. I may sound too safety concious but for every safety tip I have mentioned there have been accidents which could have been prevented.

Now into the woods . . . Charlie House, a veteran logger, once said to me "run the saw — don't let it run you." I have learned that this means take it easy. Make every movement count. Anticipate how the saw will react and don't take foolish chances with it. Saws buck up at you, jerk you here and there and can fly out of your hand in the blink of an eye. Paying attention to what you are doing is about the best advice I can give you.

With this in mind, how does one fell a tree? First, find a convenient place for it to land. You don't want to get it hung up in some tall jill poke — right? Once this direction is established, and if the tree is leaning that way, cut a notch as close to the ground as possible and about 1/4 of the way through. Aim this notch perpendicular to the direction you want the tree to fall, being as careful to line your top and bottom cuts as Minnesota Fats might be in lining up his last few shots in an international pool championship. Give the tree the coup de gras by cutting from the other side. Leave a strap of wood, maybe an inch wide the whole length of the cut, to give the tree more control as it falls. Hinges are valuable tools because by leaving more wood on one side it is able to pull the tree in that direction. By using a triangle hinge, you will be able to roll trees into available spaces they might not otherwise go. When the tree leans the opposite way you wish it to go, cut the backside first, then the notch. Pound a wedge into the backcut, drop another tree on it or let the wind push it over. While logging, we sometimes line up six or seven trees, cut the last tree and watch them fall like dominoes.

Different tree species behave differently when cut. Be especially aware of large oak. Due to its tremendous weight and type of grain it can hold a spring powerful enough to snap you in half. When cutting large trees of any species be sure to give yourself plenty of time to make the necessary cuts. The bar will kink and the saw will overheat if you jam it in too fast. Happy Cutting!



# Goodall

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# Around the Wood Stove

by Karen Frangoulis

## RICE PILAF FOR SIX

- 2 medium onions (1 cup) chopped
- 3 Tbsp. margarine
- 1½ cup raw rice
- 1 cup thin egg noodles
- 3-¾ cups water, hot
- 3 chicken bouillon cubes
- ½ cup sliced celery
- ¼ cup chopped parsley
- ½ teaspoon rosemary

Saute onion in margarine. Add rice, and noodles. Dissolve bouillon cubes in water. Stir in remaining ingredients, heat to boiling, cover, cook over low heat until rice is tender and liquid is absorbed.

## GREEK-STYLE BAKED CHICKEN

Try this for a low calorie, nutritious, easy main course to grace the table.

- 2 small chickens, cut up into serving pices
- 6 tomatoes, skinned and cut up (or large can of tomatoes)
- 2 medium onions, chopped
- 3 medium potatoes, cut in 1" chunks
- 1 bunch celery, ½" chunks
- 2 carrots, thinly sliced
- 2 bay leaves, crumbled
- ¼ cup chopped parsley
- several sprigs oregano

salt, pepper, juice of ½ lemon, olive oil  
Place chicken and vegetables in a large, broiler-type pan. Sprinkle rest of herbs and seasonings and oil. Bake at 350° for 1 hour or until tender. Baste and stir several times and add water if the mixture becomes dry. When ready to serve, vegetables should have cooked to a gravy consistency.

## DARK CRANBERRY PUDDING

- 1½ cups flour
- ½ cup molasses
- 2 teaspoons baking soda
- ½ cup hot water
- 1½ cup cranberries, cut in half
- ½ teaspoon salt
- ½ cup walnuts, cut up

Cover berries with part of flour. Add molasses, then soda dissolved in water alternately with flour. Add salt and nuts. Steam in a well greased mold for 1½ hours. NOTE: a double recipe fills an angel food cake pan and serves 12. Top with the following

### SAUCE:

- ½ cup butter, melted in double boiler
- ¾ cup sugar
- ½ cup light cream
- 1 teaspoon vanilla

Beat and cook, stirring until blended.

This is similar to traditional "Plum Pudding" but much easier.

## BLACK RYE BREAD

- 2 cups water (boiling)
- 2 Tbsp. salad oil
- 2 Tbsp. black molasses
- 2 Tbsp. cocoa
- 1 Tbsp. salt
- 2 Tbsp. caramel coloring
- 2 cups dark rye flour
- 2 yeast cakes dissolved in ½ cup warm water
- 4 - 4½ cups white flour
- 2 greased bread pans dusted with cornmeal

Pour boiling water over the first six ingredients; stir; let cool to lukewarm. Add yeast mixture and enough white flour to knead thoroughly. Let rise to double, knead down, shape and place in pans. Bake at 375° for 45 minutes. Remove from pans and cool on rack.

## APPLE STRUDEL CAKE

This may be served warm or cold, plain or with whipped cream, hard sauce or ice cream.

- 1 cup flour
- 1 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 2 eggs
- 1 stick melted margarine
- 3 cups sliced apples

Mix batter and fold in apples. Bake at 350° for 45 minutes (or until it tests done) in a greased 8" square pan.

## CARROT CAKE

This delicious wonder has at least twice been a wedding cake; cake; it's that good!

- 2 cups sugar
- 1½ cup salad oil
- 4 beaten eggs
- 2 teaspoons baking soda
- 2 teaspoons baking powder.
- 2 cups flour
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 1 cup chopped pecans (optional)
- 3 cups grated carrots

Mix sugar, oil; add eggs and mix well. Combine dry ingredients and add and mix until smooth. Add remaining ingredients. Bake in three well greased and floured pans. 325° for 30 minutes

- ICING:
- 1 pound box confectioners sugar
  - 8 oz. cream cheese
  - ½ stick butter
  - 1 teaspoon lemon extract





# MILKWEED AND MONARCHS

by Darrell A. Rolerson

**T**o my mind there is no vegetable which is more misnamed or more neglected in our time than the common milkweed. Everyone should give this valuable plant a try at least once. As soon as you discover for yourself that it really is as good as any of the vegetables you grow in your garden — and better than some — probably you will gather seeds and start a patch close to home.

Milkweed is hardly ever difficult to find. Combine its milky sap with its rather stout stem and opposite-ovate leaves and it becomes an easy plant to identify. It grows

from four to five feet tall along roadsides, in waste places, and by the edges of once-cultivated fields in the country. In New York City I have seen it growing by the sidewalk and in parking lots. It ranges from Nova Scotia to Saskatchewan and south to Georgia and Kansas.

I discovered a taste for milkweed several years ago, when — instead of having to trek off after it everytime I wanted some — I decided to gather a few seeds and make an experiment. One endearing characteristic of the milkweed is that it will fit ideally into any garden or on some un-



used corner of your ground. I planted it along the edge of my vegetable garden where it now grows completely untended; and yet, unlike its name implies, I never have to put forth any effort whatsoever to contain the "weed." I laugh: Here is a plant I don't have to laboriously cultivate — I don't even have to lift a hoe above it! And at the same time milkweed provides me with four distinct vegetables, any one of which can balance out a meal in style.

Some people who have eaten milkweed will say it's bitter, and some will say it's good if the water is changed two or three times during cooking. This latter case I find true of some milkweed. But in cooking my "cultivated" variety perfect mildness is attained every time, and the water needn't be changed even once. The four milkweed vegetables harvested from my patch and prepared at the right stage of their development require no more special consideration in cooking than does any garden vegetable. This doesn't mean that you should expect milkweed to taste like other vegetables. The milkweed is a vegetable in its own right, subject to all the distinctions of that kingdom, including its own taste, which is not only distinct but very pleasing.

**I** begin to eat milkweed in the spring when the first tender shoots are ready, long before most anything else in the garden. This is when I appreciate a fresh vegetable the most. The shoots at this time should be picked when they are six to eight inches tall — tied in a bundle, if you wish — and cooked like asparagus. The shoots, once cooked, can be creamed or served cold in salads, stirred into omelettes, or used as you would okra, in soups.

When the shoots get taller than eight inches they begin to get tough. At this stage the top leaves of the milkweed are preferred — cooked as greens, as simply as you would fresh spinach. In fact, milkweed is a snappy "go-along" cooked with spinach. Or cook it with any of the wild greens which happen to be growing around at this time: lambs quarters, sorrel . . . For that final touch, toss a handful of raw milkweed greens into a spring salad.

During the summer, the third vegetable to come along is the young bud cluster on the milkweed. Steam these buds as you would broccoli, long before the broccoli in your garden is ready. Cream the buds in your favorite sauce. They look like capers. For a summer lunch the steamed buds are superb marinated in vinegar and oil and served cold with crisp chunks of cucumber and some good cheese.

Now, the fourth vegetable to come from my milkweed patch is the pod. And about the pod, I can't elaborate enough. When this pod is young and gathered soft and steamed or baked and hot buttered, complimented by any number of herbs, you have — as it is called in the culinary art — a dish. This is one of my favorite vegetables of all time. I like to serve it on the side of home-baked beans where the nutty hint of undeveloped seeds offsets things deliciously. Another favorite way to eat milkweed pods is to dip them in batter and deep-fry them.

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*Darrell Rolerson raises his milkweed in Islesboro. His recently published book, A Boy Called Plum, is available through Dodd, Mead & Co., New York.*

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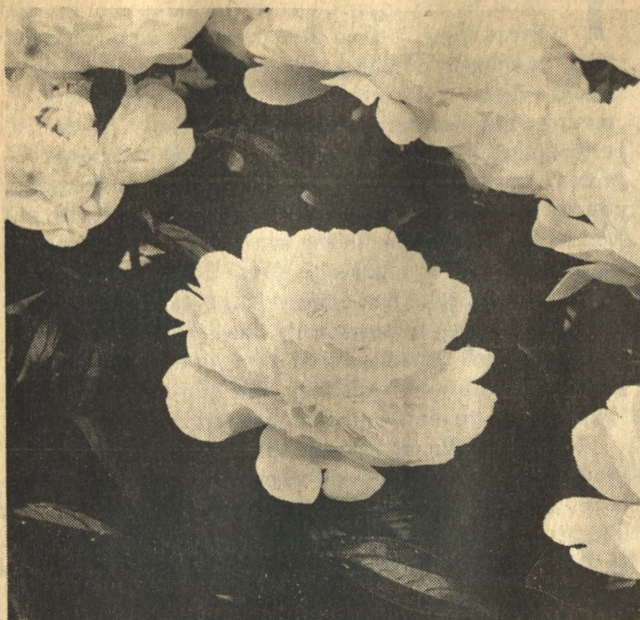
**T**he value of milkweed doesn't begin and end with food, by any means, just as "man does not live by bread alone." Even the rare person who couldn't stand the thought of eating milkweed would be hard put to find a flower anywhere on earth which is capable of creating a more enduring impression of beauty. In fact, a perfect place to keep milkweed is in a perennial flower garden. During its season of pale lavender-green blossoms you are sure to receive comments on the way it stands out. And its fragrance! Even in the winter I can recall the penetrating fragrance of milkweed. These flowers exude such a thick, sweet nectar that a brown sugar can be made from it. Although I haven't personally tried this, I have heard that the French Canadians used to make this sugar by gathering the flowers while they were still wet with dew, "expressing" the dew, and boiling it down.

In passing I should also add that, in the fall — long after the blossoms have passed and when nothing edible remains in the milkweed patch — still there should be a few old pods left, after the seeds have blown away, which will be sought by flower arrangers. These pods can be painted or bronzed and used in all sorts of imaginative projects. When I was a child I liked to sail them in the rain barrel and think of them as elf-boats.

**O**ne would think, with this list, that every area of milkweeds' usefulness was just about exhausted — while there is yet to consider what some people feel is the plants' greatest appeal. About the time the first edible shoots have passed, something special happens in the milkweed patch, for this is the time of year when the monarch butterflies begin to appear, returning from their flight to the Gulf Coast which they take every year — a two-thousand mile flight from Maine, roughly. The monarch is the only butterfly I know which migrates. One of my friends grows milkweed in her garden solely for the purpose of enjoying the monarchs, which is reason aplenty if you've ever caught a glimpse of this magnificent butterfly streaming over a meadow. Since milkweed is the only thing the monarch eats, you can dispel any fears you might have about the butterfly becoming a nuisance in other parts of your garden. It isn't even necessary to compete with the butterfly for its own milkweed. The monarch thrives perfectly on whatever is left of the milkweed after you have taken your fill.

Many worthwhile hours can be spent watching the metamorphosis of this butterfly. From the tiny egg, which blends with the soft green underside of the leaf where it is laid, there soon develops a fat caterpillar. Toward the end of summer this caterpillar thrashes from its furry skin and hangs itself in a gold-trimmed chrysalis, upside-down under a broad leaf of milkweed which serves as its canopy. By watching closely as the butterfly within begins to darken the walls of its chrysalis you can learn to know exactly when the final stages of the metamorphosis are taking place (a little short of two weeks): so that you can call your family together, and your friends, and have them on hand to share the moment when the butterfly emerges. An hour or so later, when the great black and orange wings have dried, thrill to the butterfly's first flight. Then you will know why I say that only a butterfly can ornament your garden with such grace. And then perhaps, in the fall of the year, you will go out and gather some seeds of milkweed for planting.





# Fall Flower Gardening

by Lyle Littlefield

**L**ate summer and fall need not be a dull period in your gardening — there are several things that can and should be done. You should take time to look over the garden carefully and note changes you want to make for another season. It is a good time to plan what perennials you want to add or move, and where you should provide more annuals for color next midsummer. It's difficult to plant an all perennial garden that will give color all summer. Most of the spectacular gardens contain a variety of annuals intermixed with the perennial plantings.

Most perennials can be grown from seed if you have patience and follow certain practices. It will generally take two or three years before you have a plant that will come up to your expectations. Many perennials have been selected for certain colors or growth characteristics. These cannot be reproduced true from seed. Therefore, one has to rely upon vegetative propagation.

The best place to start the perennial seedlings would be in a cold frame. This will give some added protection in a small area during the period of germination, and will provide a sheltered place for the young seedlings during the first winter. Some of the seedlings probably would not become large enough to need transplanting before the

following spring. The more vigorous types could be transplanted to a growing-on area for another season's growth. Some perennial seed will germinate better if given a cold treatment prior to planting. These seeds need to be kept moist and in a cool (40°F) temperature for two or three months. The seeds could be planted in small pots or flats, or mixed with a small amount of moist peat/sand, (half and half) mixture, placed in sealed plastic bags and stored in the home refrigerator under the freezing compartment. Check to see if the seed you plan to plant needs this cold treatment. Some perennials that generally respond better with the cold period are delphinium, primroses, and trolilius.

Some of our attractive garden plants are biennials, or are treated as biennials. These are plants that normally last only two seasons. The first year that plant makes vegetative growth, flowers the second season, and then dies. Plants in this category are forget-me-not, pansy, foxglove, sweet-william, and Canterbury bells. These should be started in mid or late summer the same way as long-lived perennials are started. One needs to remember that with these plants it is necessary to be starting some new plants each year in order to have flowering plants in the garden each season.

**T**he quickest way to get going with perennials is to start with divisions from established plants. Most nurseries offer a wide variety of plants during the spring and fall months. Others can often be secured from gardening friends when they are redoing their garden. As mentioned previously, this is the only way you can be assured of getting a particular variety, or color.

The first flower we are apt to think of when we mention fall is the chrysanthemum. At one time we found these listed as hardy chrysanthemums, but today most list them merely as garden mums. The garden chrysanthemum is not reliably hardy in most of Maine unless it has some special winter protection. Many of us have also found that many varieties do not get into flower before the buds are frozen. One should select only the early flowering varieties. It is best to start with new rooted cuttings each spring. These can be purchased from specialists by mail order. The young plants are best grown in the vegetable or cutting garden during the summer and moved to the flower border as they come into bloom. Cuttings should be planted a foot and a half apart. The plants need to be pinched back two or more times during the summer to produce a bushy plant as that will assure several flower stalks. The cushion types will produce the shorter bushier plant. You might try wintering over your plants by digging them in late fall and placing them in a cold frame for the winter.

The aster is another typical fall flower. There are two growth types. One grows only a foot high and is suitable for the front of the border. The others grow three or more feet tall. Most of the tall growing types multiply rapidly and should be divided and reset every other season. To encourage bushy plants, it is advisable to pinch back the tall types when they are about a foot tall.

Monkshood (*Aconitum*), should be included in the perennial garden as blue is a scarce color, and the foliage of monkshood is attractive throughout the season. There are several different species of this plant and most of them grow over four feet tall, making them useful in the back of a border. By selecting different types one can get a prolonged season of bloom.

*Lyle Littlefield is a gardening and landscape specialist with the Cooperative Extension Service.*



**F**all is planting time for the peony. Most of us are more familiar with the full double types than the singles, Japanese or anemone flowered ones. There are hundreds of named varieties, and by selecting among the various types one can have a longer season of flowering as well as different effects in the garden. These plants do best in full sun, away from competition by trees, etc. Probably the main reason most newly planted peonies fail to bloom is that they are planted too deep. The eyes, or crown of the plant, should not be set deeper than two inches below the soil surface. Purchase a plant that has from three to five eyes. Do not hunt for bargains.

Fall is also the time to be planting Dutch bulbs such as tulip, narcissus, hyacinths, etc. It may not be possible to purchase the varieties or types you want from a local source. Therefore, you should plan your planting early. Most seed companies and nurseries put out special fall catalogues listing the various bulbs available. Purchase only top size bulbs. Most of these plants look best when planted in groups of several bulbs all of one color. A grouping of five or seven is ideal. The small flowers such as crocus, scill, and chionodoxa are best planted in larger groups. The small flowering spring bulbs can effectively be used in the rock garden or under shrubs. Don't forget to plant a few bulbs near the kitchen entrance so you can enjoy them often.

The lily is another plant that should be planted in the fall. The hybridizers have been busy with this plant and many outstanding varieties have been introduced during the past few years. Plants vary in height from a foot to as tall as six feet, and colors range from white to red. The flowering season is from midsummer to frost depending upon the variety selected. One need not spend a lot of money for bulbs, as some of the older easily produced types have spectacular blooms. Some companies offer mixtures or collections at reduced prices.

Plan to travel next summer to visit as many gardens as possible and make notes of plants that you feel would fit into your garden scheme. One can look through a catalogue and get a lot of ideas, but there is nothing like seeing the plant actually growing. Take advantage of the various garden tours that are sponsored by garden clubs during the summer. This gives one a chance to see some extraordinary gardens that are not normally available to the public view.

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# Christmas Wreath-Making



by Lisa Halverson

One summery night in '51 a native New Yorker, his wife and some friends gathered in the kitchen of a white-washed farmhouse in West Sedgwick, Maine, and talked about the crops, the land and the possibility of putting their forested acres to profitable use. What came of that night was the development of an informal group called the Three Farms Industries. The man was Conrad C. Rupert; the business, wreath-making. Now, 23 years later, though the group has long since disbanded, the business still operates out of the same homestead where the idea was first born. It has expanded facility-wise to include a factory in a converted chicken coop in Blue Hill, but methods of employing wreath-makers as well as specifications of work quality are basically the same.

In an area like Hancock County there is an abundance of evergreen trees, but beginning an enterprise such as a wreath-making corporation still wasn't easy. Two of the first major problems encountered were recruiting people to make wreaths and finding a market for the finished products.

As Virginia Rupert relates, "I was actually the one who got the business going. I went down to Boston with some of the wreaths and a list of places that buy Christmas greens. I lived in Boston eight years and never knew about such places. I went to the first one with some of the wreaths. I was green and they knew it. We talked and the dealer asked me how many to a bundle. I said six, though I don't know why. I must have hit the jackpot, I thought, because he didn't say anything. Then he asked if we could make 300 dozen. I called home to ask; no one knew what three hundred dozen meant, but we said yes."

Today Mr. Rupert is an established dealer in markets up and down the northeast megalopolis. He produces approximately 60,000 wreaths annually, using the help of 180 families on the Deer Isle peninsula, Sedgwick and surround-

ing communities. The wreathmakers are paid so much per dozen; for example, last year Rupert paid out \$8.40 per dozen for the 12-inch double faced wreaths. Roughly one-fourth of the total number of wreaths are made and decorated in the factory.

For Conrad Rupert, the season begins in mid-September/early October when he makes initial contact with the local women by means of a letter. About a month later a second information sheet is sent which lists paying prices for the various sizes of wreaths. There are no written contracts, only an oral agreement as to the size, weight and quality of the wreaths produced. The women decide what size and type of wreaths they want to make and how many bundles of 100 rings each they would like. Rupert supplies the rings and wires, but each wreathmaker is responsible for cutting his own brush.

There are many varieties of fir and evergreen trees in the region, but only balsam fir is used in wreath-making. The tips for wreaths must be gathered after cold weather has "set" the needles, which in this part of the country is about the second week in November. The best brush is found in sunny areas and is dark green in color. When collecting brush it is advisable to leave about half the good tips on the tree because the needles are the source of food for growth.

The amount of brush needed for each wreath depends on a number of factors such as weight and texture of the brush, size of the wreath, length of the tips, spacing between bunches and the type of wreath to be made.

Many of the first wreathmakers were taught by Virginia Rupert, and they in turn taught their families and friends. In recent years, however, a self-explanatory manual has also been published through the University of Maine Cooperative Extension Service to aid wreathmakers.

According to this booklet, directions for making double-faced Christmas wreaths are as follows:

- 1) Loop end of winding wire (22 to 24 gauge) around the ring (common sizes are 8, 10, 12, 14, 16-inch) and twist it a few times.
- 2) Make a bunch by putting 2, 3 or 4 tips together with their ends slightly separated like a partially opened fan. (If you have tips of varying shades and texture,

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*Lisa Halverson is a journalism student at the University of Maine, Orono.*

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mix them in the same bunch. This helps blend them together).

- 3) The first bunch needs the longest tips to cover the joint where the last bunch will be wired.
- 4) Place the first bunch on the ring. The wreath may be made either clockwise or counterclockwise, providing all the tips face the same direction.
- 5) Wind the wire, spool and all, at least two turns around the bunch about one third of the way up from the butt, or stem, end. Turn the wreath over at the same time.
- 6) A bunch the same length as the first is wired to the opposite side of the ring, back-to-back to the first bunch. While winding, keep the wire taut and turn the wreath over. After each bunch is wired, pull the wire as tightly as possible without breaking it.
- 7) You are back on the starting side. Repeat wiring bunches with average length tips. You place these bunches on the ring so that as you wind the wire about 1/3 of the distance from the butt-end, you also wind over the butt end of the previous bunch. In this way, you wind small wooden stems continuously around the ring, thus giving the wreath a solid body.
- 8) The ends of each bunch of tips cover the wire wound around the preceding bunch. Constantly shape the wreath so it will need a minimum of clipping.
- 9) When you come around to the first bunches, you must make an invisible joint. Use tips somewhat shorter than usual for the last two bunches. Hold the ends of the first bunches wired away from the ring. Insert the last bunches into place under them and wire securely.
- 10) Break your wire, secure the end and the wiring is completed. The ends of your first bunches should lie over your last winding. It should be impossible to see the joint or any ring or wire.
- 11) Check the general appearance of the wreath. If there are any noticeable defects, such as a long stem sticking out or a yellow tip, trim it off with your shears.

The wreath should feel sturdy and weigh from 1½-5 pounds, depending on the ring size.

The finished wreaths are tied in bundles, picked up by

local truckers and brought to the Rupert homestead where they are stored for shipping. They are bundled and tagged according to size and stacked outside on the cool, damp ground.

The wreaths are then transported in 40-foot closed trailers, each of which can hold up to 500 dozen wreaths. It usually takes Rupert and his men three hours to load a trailer. Most of the wreaths are sold within a fifty-mile radius of New York City, but Rupert also sells to dealers in Connecticut, New Jersey and Philadelphia. He sends the first shipment a little before Thanksgiving.

According to Mr. Rupert, selling on the market is all a matter of playing the law of averages. He must estimate how many wreaths he will have to sell and arrange to have them picked up and delivered before mid-December. He establishes a deadline for the makers and is committed to buying wreaths up until that date. If the market falls apart before that day, Rupert is stuck with dozens of extra wreaths.

Presently, the future for the wreath-making business looks bright. If the trends in sales and numbers produced continue to grow upward, it is possible that the wreath-making business may soon become one of Maine's major industries.

**Editor's Note:** For those of you interested in learning more about growing and gathering brush for wreath-making — and for a photo-illustrated wreath-making procedure — ask your local Cooperative Extension Service Office for a free copy of the *Christmas Wreath Maker's Manual*, bulletin 501 (revised).

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# The Heifer Project

by Rosalee Sinn

Looking at the people of Maine as an Oklahoma transplant, but with roots sixteen years deep in New Hampshire and Massachusetts soil, I could write about the rugged individualism of those who live from the sea.... or the quiet village life of rural Maine.... or the beauty and simplicity of some Maine craftsmen I know. I could recall summers spent camping in the Maine woods or the salt breeze and thundering surf at Pemaquid Point or Cape Elizabeth.... or the thrill of reaching Katadhin's peak.

However, as New England Director of Heifer Project International, I've come to know something about a special kind of people in Maine.... people who love their heritage and the good life which comes from the land.... people who have enough gratitude in their hearts to want to share some of their blessings with needy people around the world. These persons have chosen Heifer Project International as a means of expressing their concern for more than half the world's people who are suffering from hunger and malnutrition.

For more than a quarter of a century, Heifer Project has been spreading goodwill around the world through gifts of food-producing animals. Livestock and poultry have been distributed to needy people in more than 90 countries, including 25 areas of the United States.

Heifer Project's approach to foreign and local aid is unique. Like the old proverb "Give a man a fish and he will eat for a day, but teach him how to fish and he will eat for the rest of his life," HPI provides "living gifts" which make possible a continuing supply of good. In addition, every recipient pledges his animal's first offspring to another needy person. Accepting charity can be humiliating, but a recipient's opportunity for passing on the gift's first offspring brings dignity and a feeling of worth. In each Heifer Project program, training in the care of the animals is essential. Recipients receive short courses and HPI representatives make periodic checks on all projects. Any animal not receiving proper care is returned for redistribution.

A lot of money to purchase these "living gifts" comes from Church related organizations. The Rev. Robert Mayhew of Greenville, was N.E. Director of HPI for 17 years. His ministry began in churches in Maine — Aroostook, S. Gardiner and the Moosehead region. Then he took up another form of ministering by feeding the hungry. In 1971, he received the Distinguished Alumni Award from Bangor Seminary, for through his efforts as Director of HPI, thousands of peasant farmers in Germany, Greece, the Dominican Republic and Central and South America have food for their families and a better life. When Bob retired last year, he returned to Greenville. Now working as a Heifer Project volunteer, he goes about the State with his broad grin and twinkling eyes sharing the Heifer Project story.

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*Mrs. Sinn has been on the staff of N.E. HPI for nine years. The N.E. office is located at 16 Leyden Street, Plymouth, Mass. 02360.*

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Maine breeders and farmers also play an important part in Heifer Project work. Sheep from the farms of John Smiley of China and Claudia Thornsjo of Albion were included in a shipment to Guatemala last October. Viola Ellis of Gardiner sent several of her Saanen goats to Greece last year and has been an active member of the Maine HPI Committee.

Ralph and Rosa Prime, Brown Swiss breeders from Augusta, have been members of the HPI team for many years. In 1972, they accompanied 20 of their top Brown Swiss heifers to a jungle mission in Pucallpa, Peru and traveled more than 2,000 miles rounding up a top notch shipment of heifers for Bolivia.

When the Bolivia shipment loaded up at Bangor International Airport for the 13-hour flight, Irving Chappell and Richard Fuller of Cape Elizabeth and Dan Harlan of Augusta were on board. Chappell is chairman of the New England HPI Board of Directors and also accompanied a 1970 shipment to India. Fuller is a member of the Board. Harlan serves as Chairman of the Maine Heifer Project Committee. He is Research Associate for the Maine Department of Agriculture.

Others who have served as HPI "cowboys" are Norman Hamlin of Turner who accompanied shipments to Uruguay and India and Owen Stevens, DVM, of Berwick who took animals to British Guinea.

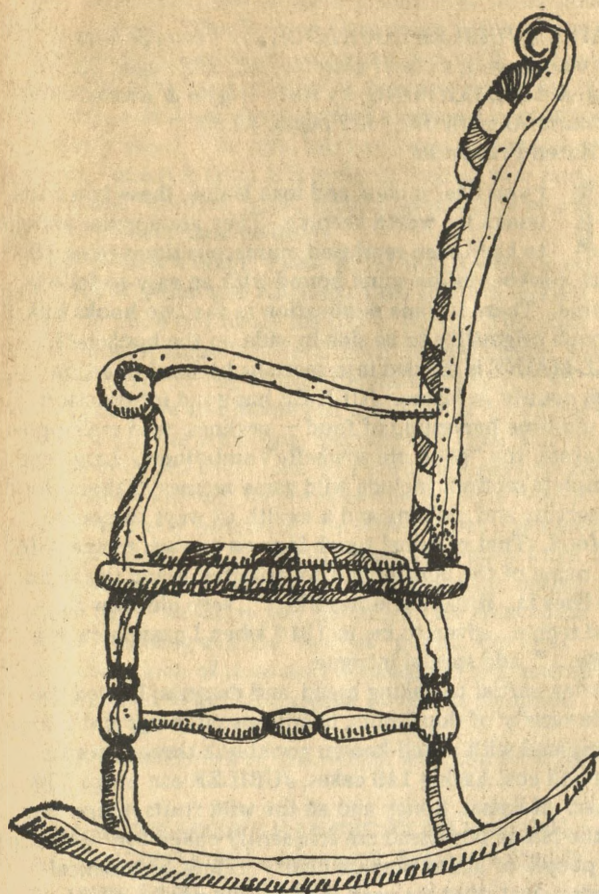
These men and others like them serve as goodwill ambassadors. Returning home, they spend many hours each month speaking to churches and civic organizations, seeking donations of animals or raising funds to help make shipments possible. A Maine foundation provides the largest single New England contribution, with an annual grant of \$5,000.

The World Headquarters of HPI is located in Little Rock, Arkansas. Five area offices and several volunteer committees work at meeting the requests which come from Heifer Project personnel, Peace Corps and Agricultural Missions. 1974 shipments from New England will be going to Guatemala, the Philippines, Dominican Republic, Zaire, Bolivia, Mississippi and three American Indian Reservations.

The seeds of love, planted in the soil of Maine and the hearts of her people are bearing the fruits of health, hope, brotherhood and love around the world.



# Books



**SEAWEED IN AGRICULTURE AND HORTICULTURE,**  
by W.A. Stephenson. Faber and Faber, London, 1968.

by Eliot Coleman

**S** seaweed — rockweed to us Mainers — has found its champion. W.A. Stephenson's book is an impressive manual on the role seaweed can play in agriculture, and the role it has played, it seems, since before the time of the Romans. Stephenson begins with an explanation of the seaweeds involved, a history of their uses in agriculture and industry, and a botanical explanation of plant growth and nutrient requirements. He gives many testaments to the traditional uses of seaweed as fertilizer on potatoes, barley, sugarbeet, clover, asparagus, grass and others. Sheep in Ireland grazed on it. A field on the Island of Jersey is said to have grown potatoes abundantly every year for more than 100 years with only seaweed as fertilizer. "Farmers in Brittany share this respect for seaweed, and some claim that they can grow onions in the same field year after year because they give constant applications of seaweed."

In Ireland and Brittany, farmers actually harvest seaweed for their fields by cutting it from the rocks on which it grows. Many areas grow seaweed only because farmers in

past centuries placed stones on sandy beaches in order to provide a proper growing anchorage. If holdfasts and stumps are left each cutting there's no danger of reducing the amount of seaweed available for future harvesting. After a regrowth period of three-five years the area can be cut again. There is even a seasonal factor, as it is believed that seaweed harvested in May is superior to seaweed harvested in September.

For the greater number of farmers who do not live near the sea, the book's greatest virtue lies in the full information it presents on commercially available seaweed products. The uses of dried seaweed meal and liquified seaweed extract are thoroughly covered. The author was a pioneer in the seaweed business, and the seaweed extract sold in this country under the name of Maxicrop is produced by his company.

Stephenson's researches are complete and extremely well documented. The experiences of apple growers, lawn specialists, nurserymen, asparagus breeders, dairy farmers and foresters in using seaweed are related.

The two seaweed products commercially available, meal and extract, are adaptable to different techniques and uses. Seaweed meal is valuable both as a fertilizer and as a feed supplement for animals. Concerning the latter, Stephenson catalogs such varied results as: increased color and iodine content in the yokes of chicken eggs and improved growth of chicks; higher production of cows' milk with a higher butterfat content; increased fertility in mares and prevention of cracked hooves. Moreover, farm raised mink became more docile, pigs grew better, had a glossier coat and enjoyed better health; sheep increased winter wool production and showed "a significant increase in the number of lambs born per ewe".

The liquified seaweed extract is very concentrated and appears to be beneficial in weak solutions. A gallon goes a long way. For an inland farmer this would seem to be the ideal approach since the diluted extract can be applied over large areas with conventional spray equipment as a foliar feed. The minerals and plant nutrients in the seaweed spray are absorbed through the skin of the leaf into the sap of the plant. The reported effects of seaweed on yield, crop quality and health are impressive and include results such as a 100% yield improvement in sweet corn, increased frost resistance in tomato plants (down to 29°), and longer shelf life for fresh peaches. In short, it seems, seaweed is for everyone from the coast dweller to the mountain shepherd. So, once Stephenson's book has inspired you to use seaweed products, where can you obtain them? His company's product is sold in the USA by Maxicrop USA Inc., P.O. Box 964, Arlington Heights, Ill. 60006. But the best source for a Maine farmer would be one nearer home. Samoset Algae Company in Boothbay manufactures both dried and liquid seaweed. Write them for their price list.

Probably the finest line in the whole book is a quote from an ancient writer, Falla, which possesses near manual value itself: "The winter Vraicq (seaweed) being spread thin on the green turf and afterwards buried in the furrows by the plough, 'tis incredible how with its fat unctuous substance it ameliorates the ground, imbibing itself into it, softening the clod, and keeping the root of the corn moist during the most parching heats of summer."



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## Books

**MAINE'S JUBILEE COOKBOOK**, by Leana Shibles & Annie Rogers, Courier-Gazette Inc., 252 pages, \$3.00.  
**ALL-MAINE COOKING**, by Ruth Wiggin & Leana Shibles, Courier-Gazette Inc., 187 pages, \$2.50.  
by Karen Frangoulis

If you like to cook and love Maine, these two cookbooks are worth keeping. They are popular enough to have been reprinted numerous times since 1969. Both cookbooks are spiral bound with an easy-to-follow format. There is some duplication in the two books but enough originality to be side-by-side on the bookshelf. ALL-MAINE is divided into sections by local notes on each county in Maine. JUBILEE has good information on old-time harvesting of food — sardines, wild crabapples, potatoes, the “good old sowbelly” and others. Large and complete sections include wild game recipes, diabetic foods, preserving and pickling and a wealth of ways to prepare seafood. That personal touch is given to each recipe with the name of the person who contributed it and the town she lives in. Historical notes like, “...very old New England recipe....given to me in 1916 when I came here as a bride....”, add special intrigue.

Being partial to baking bread and desserts, I loved the wide variety of doughnuts, nutritious puddings and cakes. Compared with a well-known cookbook three times its size and cost having 140 cakes, JUBILEE can boast 100 cakes. Molasses, honey and all the wild fruits indigenous to the Maine farmstead are frequently called for. Resourceful people of Maine prepare hearty, filling, economical meals — just what we need for the long winter months ahead. If you don't always find a package of yeast on your pantry shelf when you need it, ALL-MAINE has recipes from Brewer, Bangor and Tenants Harbor for making your own starter or “emptyings” in the pioneer spirit. Or liven up your menu with Curried Shrimp Creole and Onion and Apple Casserole from JUBILEE. With so many “handed-down” recipes in ALL-MAINE COOKING and MAINE'S JUBILEE COOKBOOK, you'll have enough to keep you busy in the kitchen for years.

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IN MAINE, by John N. Cole. E.P. Dutton, 143 pages, \$6.95.

by Joseph Allen

**J**ohn Cole, editor, *Maine Times*, writes two columns each week: one on the left hand page which commences, "The Pittston Company's \$150-million refinery/terminal certainly never has been built...."; and then in the right hand column on the same day, "The day was warm, and the seabirds drifted above our boat, afloat on a glossy bay." The right hand column is called "John's Column," and it is from this material that his new book is compiled. Another book, equally good, could be made up from the left-hand column.

A native New Yorker, Yalie, World War II hero, ghost writer for Winchell and Kilgallen, Cole sold his Jackson Pollack in 1958 to finance his trip to Maine. The state of the State of Maine has never been the same since. He has penetrated the fog of the establishment and, if we listen to him, we and Maine just may survive — or secede.

But it is not the crusading, muckracking Cole that we listen to in *IN MAINE*. Like all good tough guys, he has his soft side. The big, bad Cole can be — and is lyrical sensitive and very observing. He writes about chickadees and striped bass, and "of all the winds that blow I like the northwest best." He gives you insights into the raising of children (his). He takes you clamming. He talks about boats and hunting and the "callous" public. He loves Maine, every inch of it, as only a transplant can, and he is not ashamed to get sentimental or violent about his love.

Put *IN MAINE* next to E.B. White, and turn to it again and again.

**THE HOMESTEADER'S HANDBOOK TO RAISING SMALL LIVESTOCK**, by Jerome D. Belanger. Rodale, 246 pages, \$8.50.

by Joseph Allen

**T**he small farmer has searched in vain for a good, reliable handbook on raising small livestock. Now he has it. If you own or are contemplating rabbits, chickens, turkeys, geese, ducks, guinea fowl, pigeons, goats, sheep or hogs, this is the book for you.

Jerome Belanger comes well qualified. He lives on an 80-acre farm in Wisconsin and nurtures all the aforementioned creatures on a small scale — except for hogs, which he turns out at a rate of 50 to 100 at a time. In addition, Belanger edits and publishes the excellent *Countryside and Small Stock Journal*.

Here is sound information on selecting good stock, housing, feeding, watering, sanitation, diseases, breeding, butchering. The diagrams are helpful, and the particularly valuable appendices include pertinent information on "How Much Is Enough," minerals and vitamins, manure (dressing), breeding tables, bedding, curing and smoking, tanning and making soap.

What is more, the book, unlike most reference books, can and should be read in its entirety. Otherwise you may miss something important, and besides its fun to read. Belanger writes well and with good humor. Perhaps there should have been more on diseases and chapters on horses and beef cattle. But why quibble; this is a fine book and one that has been a long time coming.

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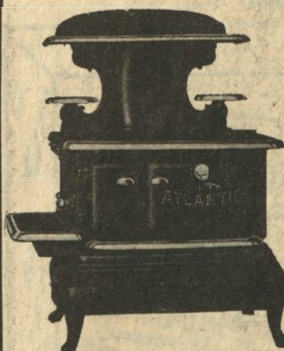
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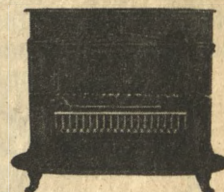
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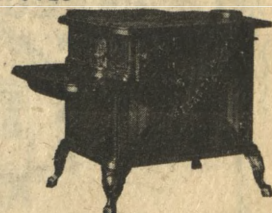
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# Books

**CAPSULES.** (The following new books have been selected strictly on the basis of the high quality of their specialized "how-to-do-it" information.)

by Joseph Allen

**BUILD A YURT**, by Len Charney, (Collier. \$6.95).

All you need to know on how to build a low-cost Mongolian Round House. **THE HITCHIKER'S FIELD MANUAL**, by Paul Dimaggio, (Collier \$1.95). A guide to hassle-free thumbtripping covering all North America, with hints on planning, hitchhiking for women, crashing, and the law.

**THE FIDDLE BOOK**, by Marion Thede, (Oak. \$4.95).

More than 150 traditional fiddle tunes (music and lyrics), compiled from country fiddlers. **THE CAMPER'S COOK-BOOK**, by Ruth L. Schubert, (Little Brown. \$3.50).

380 imaginative recipes from an amazingly small number of ingredients, including 124 different soup combinations from cans. **CONSUMER COMPLAINT GUIDE**, by Joseph Rosenbloom, (Macmillan. \$2.95). How and to whom to

complain when a product or service goes wrong. Lists more than 10,000 manufacturers and suppliers by name and address with the person to contact. **THE RODALE HERB BOOK**, edited by William H. Hylton, (Rodale.

\$12.95). A fat 653-page book on how to use, grow and buy every kind of herb. **THE HABITAT GUIDE TO BIRDING**, by Thomas P. McElroy, Jr. (Knopf. \$8.95)

Believe it or not, a new kind of bird book which simplifies identification by showing which species one may find in various types of landscape and cover. **THE ZUCCHINI COOKBOOK**, by Paula Simmons (Pacific Search. \$6.95).

You'll never throw away another zucchini because here are 100 different ways to cook it! **FINDING AND BUYING YOUR PLACE IN THE COUNTRY**, by Les Scher, (Collier, \$6.95). This book can save you a lot of money and time with its valuable guidelines on looking for and checking out land: the law, fair prices, financing, contracts. 400 pages, a bargain to help you find bargains.



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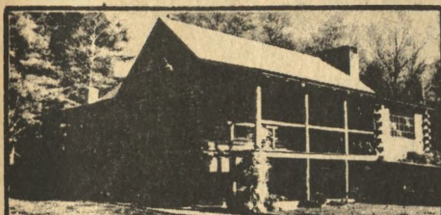


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Collector's Item — Volume 1, Number 1 of FARMSTEAD MAGAZINE. Published May 1974. Limited number of copies available; \$1.00 ppd. FARMSTEAD, Box 392, Blue Hill, Maine 04614.

Ram at Stud: Reg. North Country Cheviot ram lamb out of imported Scottish stock. Mark Lyon, RFD 1, Box 33, Blue Hill, Maine. 374 - 9922.



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