

THE SHESEK

glimpses of life on an ecological farm



WENDELL BERRY

POET, NOVELIST, ESSAYIST, PHILOSOPHER AND FARMER.

"One of the most important resources that a garden makes available for use, is the gardener's own body. A garden gives the body the dignity of working in its own support. It is a way of rejoining the human race."

ECO ISRAEL- THE BOOK!

Now thoroughly over the halfway bump, our Eco-Israel experience is fully maturing and for most, within a month will be drawing to a close.

To celebrate our time on the farm, we will be putting together a properly published, hard-cover edition book for Eco-Israel 4.

The book, (yet to be titled), will feature photographs, poems, recipes, anecdotes and accounts of our time on Hava Ve Adam. It will be published by online publisher *Blurb*, and be available for purchase from their online webstore. Shipping will be available worldwide.

We are now seeking input from the group participants, so if anyone would like to submit their stories, images or general creative propositions for the project, please email Lilly below or contact Courtney directly on the farm to discuss your ideas.

In particular, poems read in the first month of the Permaculture course, photographs and images (e.g. sketches or hand-drawn designs) of your final Permaculture projects would also be fantastic.



To contribute photos, poems, or ideas, please forward your email to lillyshor@gmail.com as soon as you can. Thanks in advance!

The Compost Corner

5 Excellent Uses for Eggshells

1. Eggshells in the garden have many uses. Moderately crushed shells placed around your plants discourage cats from using your garden as a potty and they also keep slugs away. Mixed into the soil that surrounds tomato or pepper plants, they're an excellent fertilizer.
2. To remove stains from a tea pot, thermos or water bottle, fill it with a mixture of crushed egg shells and a little bit of water, shake vigorously and let sit overnight. You can also use the same technique in your kitchen or bathroom sink.
3. Crushed eggshells added to a greasy pan helps remove stuck or baked on food.
4. Use a half shell for starting seedlings. It not only makes a great container but the calcium carbonate in the shell provides the growing plant with some extra nutrition. Crack the shell to remove it when your plants are big enough to be moved to your garden.
5. Mix crushed eggshells with your coffee grounds for smooth coffee. The calcium in the eggshell helps to reduce the acidity of coffee and will also help any loose grounds sink to the bottom of the cup.



Melanie Hutchinson: Conquering the World One Hanging Basket At a Time

The hanging basket is a more than just a construction suspended from a great height. If you look at it from a certain perspective, it becomes a metaphor for all that is precarious in our lives, precarious yet precious, for whatever the basket holds is always of value for the person who took the time and care to suspend it in the first place.



Such is the feeling when one discusses hanging baskets with Melanie Hutchinson. The San-Diego 22 year old is in the midst of completing her Permaculture Design folio, in which her primary project focuses on to how to grow vegetables in small spaces. One of her methods is hanging baskets, which she constructs herself from recycled wicker baskets and the like and from twine which is methodically intertwined to provide the hanging container sturdy

support. Hutchinson discusses the progression of her project with spirited endearment: she relays that whilst the baskets have not always been successful (due to placement or lighting conditions), the project and the experimentation that has gone with it has now given her the confidence to grow vegetables on her own, and has provided her with the motivation to pursue Permaculture and sustainable gardening back home in a more urban setting.



Permaculture Design Project:

Growing vegetables in small spaces. Methods include hanging baskets, tubs and pots.

Summarize your Eco-Israel experience in three words:

Challenging, Humanure and Sexy Sunday.

Are you enjoying the weather?

Sometimes it's too hot to do anything. But prior to the farm I was living in such cold climates that I'm enjoying the sun on my skin.

Least favorite time/thing on the farm:

Discussing the kitchen and toilets issues in community meetings.

Conclude the following sentence- "PREVIOUSLY ON THE KAVA": Margo gets Gili in the Nekked Game.



“Apart from making a wonderful tea ingredient, Jasmine is used in aromatherapy to treat depression and nerve conditions, and as a massage oil for menstrual cramps.”

easy homemade air-freshener

1 oz gin, vodka or rubbing alcohol

6 oz filtered water

20-40 drops of essential oil

Recommendation: use gin as your alcohol and jasmine as your essential oil, but you should experiment to find a mix that you like. This mix will keep well for at least a month.



From Re-nest.com

New Mexico Farmer's Market Going Solar



In an attempt to power farmer's market with clean energy and spread environmental awareness amongst the visitors, New Mexico's Downtown Action Team has given birth to what

it claims will be the first solar-powered farmer's market in the country.

Transforming Scrap Cardboard into Ethanol Fuel

Fiberight, located in Blairstown, Iowa, is a fairly new biorefinery that has been converted from a corn ethanol plant and is now putting their energies into converting scrap cardboard into ethanol fuel.



While 95% of cardboard can easily be recycled again into more cardboard, the rest is unusable and usually enters the waste stream – a loss in terms of economics and the environment. Now those leftover fibers from global company *International Paper* in Iowa are being sent off to *Fiberight* where they are converted into ethanol fuel. Their first batch of cardboard ethanol is almost ready and is expected to emit 80% less carbon emissions than regular gasoline.

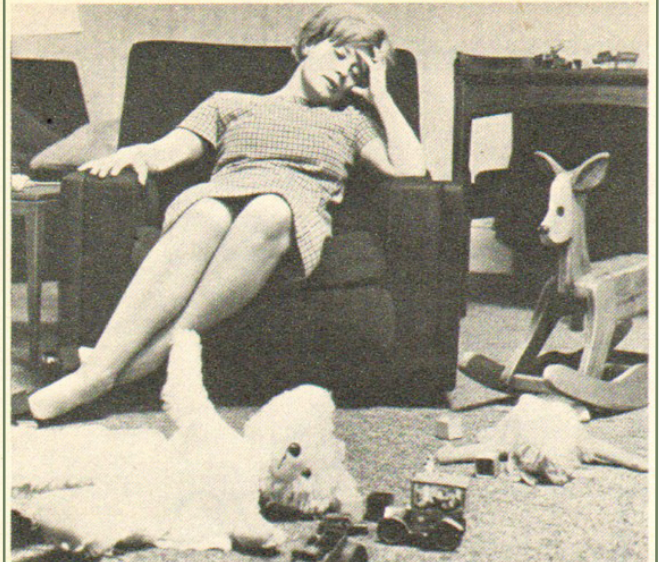
Solar Panels Go Colorful



Designed by Lea Longis, the Helio DAB radio concept uses solar panels to provide it with energy.

But what makes it especially beautiful is its transparent solar panels which are able to capture most of the spectrum of light and therefore produce more energy. The Grätzel solar panel get the color from vegetal ink and bring the this amazing eco-conscious product to another level of cool.

A Vintage Moment . . .



Kids are murder!

You always seem to be screaming at them. Nagging and bullying. And most of the time you don't want to. You have to make yourself do it.

And you don't seem to get anywhere. They just do the same stupid things again. Kids are hard work.

It wears you out. And your husband wonders what's wrong with you!

It's on days when you feel like this that 'Sanatogen' Tonic Wine is such a help. It makes life much more bearable for you—and them.

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The Shesek is proudly brought to you by Hava Ve Adam - the Eco-Educational farm in Modi'in, Israel. **Eco Israel** is a MASA funded 5 month program providing participants with a glimpse of Israel through a sustainable and ecological lens. Visit us @ <http://eco-israel.org>

Written and compiled by Lilly Shor, founder of <http://ecoburst.net>.