

The Times

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"We exist to restore life through microbial awareness, education and action."

In this Issue

2021 Looking Forward

Building Food Resilience Through Food Tacos

Interview with KNF Practitioner Beth Smith

Revitalizing the Desert with KNF Israel and Sam Bevans

Recipe of the Month: KNF Food

The KNF Times

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PO Box 59 Papaikou, HI 96781

Editor/Layout:
Eric Weinert

Copy Editor:
Jennifer Weinert

Chief Writer:
Ryan Flesch

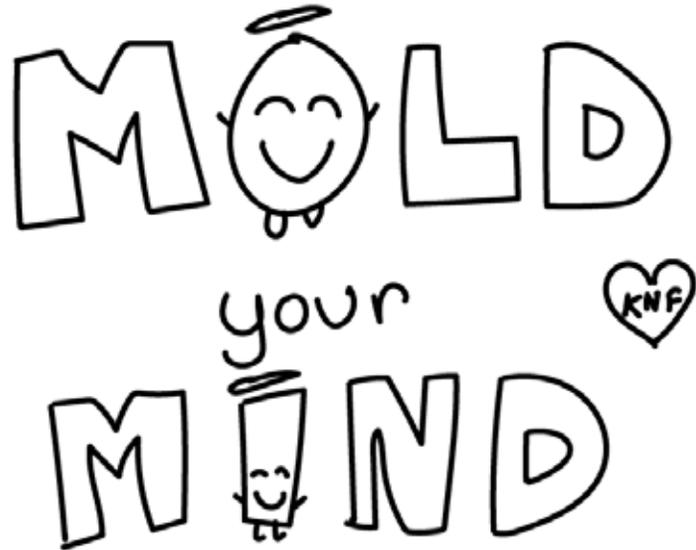
Contributors:
Jennifer Weinert
Beth Smith
Sam Bevans

Contact us
news@pureknf.org

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The Microbial Secret Society Podcast explores the depths of KNF in a 2 hour podcast format with over 40 episodes as of January 2021. Get the first hour free at www.microbalsecret.org



2021 Looking Forward

A Letter from the President

Congratulations on surviving 2020!!!

With a new year upon us (according to the western calendar, though I personally am much more inclined to follow much older/natural calendars), it's commonly a time to look toward the next 12 calendar months. So thank you for taking this opportunity to join me in sharing the vision of what the Pure KNF Foundation is sowing to further our mission "to balance life through microbial awareness, education and action".

I am really inspired to follow the same path Master Cho tread in his early days by publishing his works in an agricultural journal in a serial fashion. It is my sincere hope that this year the Pure KNF Foundation will be able to publish an issue of the KNF Times each month. My aim is to guide the production of substantial works that will be worthy of collectors, and to have the KNF Times to be so sought after that these issues inspire natural farmers all over the globe to share their good works, to contribute articles of their endeavors, and to share the love we are all growing together.

If that alone was not enough, on a more concrete and local level, a major focus for the Foundation this year is the Food Taco Project. The Pure KNF Foundation is partnering with other nonprofits to bring this idea to fruition. This opportunity is so exciting and we have dedicated the majority of this issue of the KNF Times to expanding the Food Taco concept further. It is a really accessible way for folks of all walks of life to engage in food production, to get into KNF in a controlled environment, and to make a huge impact in creating more food security.

On a completely separate topic, with the closing of freedom (as in speech) of the internet giants in general, I am wanting more than just a Facebook connection between the folks doing the good work. In this regard, we have been working on KNF Support (www.knfsupport.com) as a platform to facilitate questions and answers amongst the community with an intentional focus on the recognition and reward of experts sharing expert answers. This platform is independently hosted and operated by the Foundation, and we are working to develop terms of service and a privacy policy that respects everyone involved and does not treat you as "the product".

Because of my association as the President of the East Hawaii Chapter of the Hawaii Farmers Union United (hfuu.org) I am also bound to facilitate local meetings here on the Big Island, and I hope to be able to set up a video connection for those of you who are not here to not get the FOMO. Check our website www.PureKNF.org for updates and information about events.

Over the past year the Foundation has been working on our membership opportunities, and in the process we have realized that this is a delicate task and will really shape how our organization is to grow and support everyone as a whole. As such, we have decided to take a bit more time in formalizing anything official so that we can be backwards compatible with existing certification. We really want to get this right and have the energy and effort flow both ways in a beneficial fashion.

I hope you enjoy this episode of the KNF Times, and as always, Long live the natural farmer!

Eric Drake Weinert Jr.
President
Pure KNF Foundation



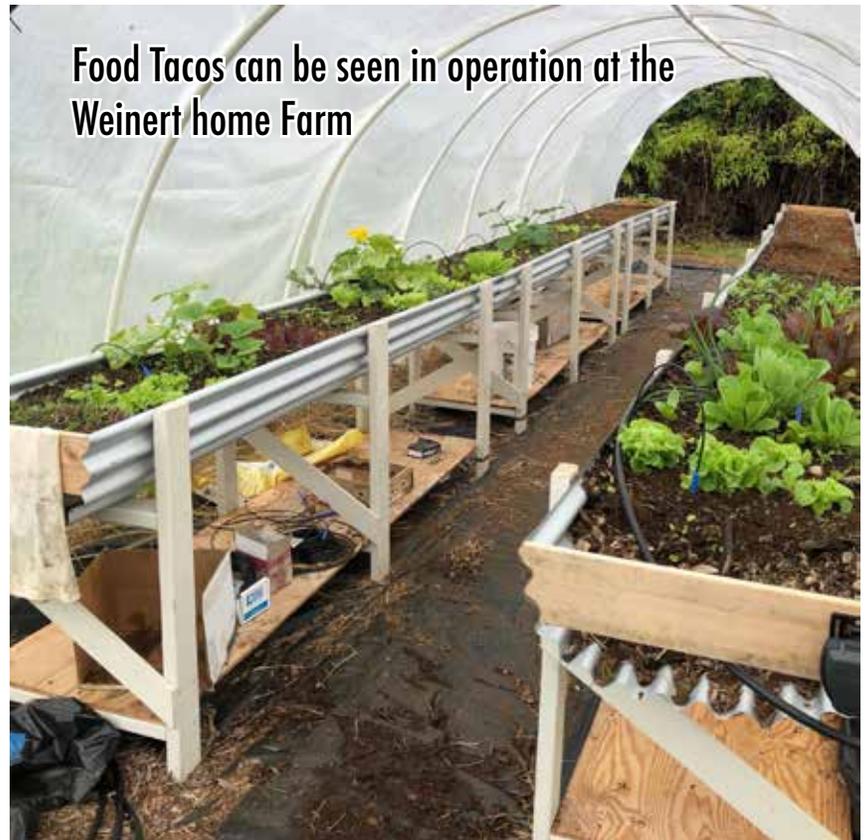
Building Food Resilience Through Food Tacos

By Ryan Flesch

We all want to strive towards food resiliency, but for some folks this simply isn't possible due to a plethora of conditions such as access to land or space to grow. Most sensible people want to make the decision to choose healthier food because they desire the results of a healthier mind and body, which can allow for more clarity of thought and feeling. For most, food resiliency may seem impossible and takes time to develop just the prerequisites to getting there.

At the Pure KNF Foundation, we are all about solutions, and speaking of food resilience brings us to this issue's main focus, tacos...or, Food Tacos, as they have been coined. We're talking about a simple and affordable design to increase our access to healthy food and increased food resilience through raised bed gardens.

The Food Taco concept was brought forth as a Christmas present from husband, Eric Weinert, to wife, Jennifer Weinert 3 years ago. Born from love, the Food Taco is a sheet of metal roofing bent into the shape of a taco and placed into a wooden frame at a slight angle for drainage. The legs can be set onto bricks that rest in a container of salt water, which prevents any slugs or snails from ever entering the garden above. This is particularly important on the Big Island of Hawaii where slugs and snails sometimes carry a parasite that can cause Rat Lungworm Disease and have detrimental effects on humans. A wire mesh screen on either end holds the soil medium in, preventing it from dripping out. The Food Taco height can be adjusted to accommodate the height of the gardener- it is adapted for kids and even wheelchairs! One of the benefits is NO bending or squatting- easy on the back and knees.



The Food Taco has proven to be an incredibly easy way to bring more regeneratively grown food to the table, especially when paired with Korean Natural Farming practices.

Eric designed and built the Food Taco, and Jennifer loves to garden in them! With eight Food Tacos now at the farm, they have collaboratively grown a long list of delicious vegetables and have harvested much more than enough to share the abundance with friends and family. Jennifer has grown many different varieties of lettuce, kale, chard, parsley, cilantro, basil, sage, thyme, dwarf cherry tomatoes, sweet potatoes, red potatoes, green onions, leeks, beets, radishes, hot and sweet peppers and bok choy, and she is expanding the diversity season by season.

This past summer, while hiking in the wilderness and getting hungry, Eric and Jennifer realized how important the Food Tacos had become to them, providing so much of their food. At that moment they decided it was an idea that they should share. **Everyone should have access to a Food Taco!**

The most beautiful aspect of this design is how easily it can be used in conjunction with KNF practices. Initially, Activated Indigenous Micro Organisms (IMO) is applied to the soil medium so that the soil is alive,

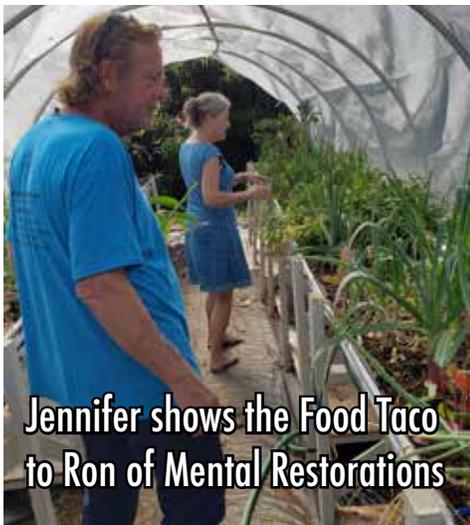
inoculated with microbes. The KNF Maintenance Formula is then sprayed once a week (always after the Food Taco is watered and preferably in the late afternoon). For each Food Taco, a mere 5 oz of KNF Maintenance Formula will last for 6 months. This Formula can be applied with a simple spray bottle, each week adding only one teaspoon of solution to 25 ounces of water. Feeding your Food Taco costs pennies!

Some people have said the Weinerts should trademark the design, but they both fervently believe in keeping it open source and getting the Food Taco idea spread far and wide. Currently the Pure KNF Foundation is collaborating with the Mental Restorations non-profit to set up demonstration Food Tacos. At these demonstration sites, the Food Tacos will be monitored and data will be collected to reflect their productivity and provide the context for future scaled implementation of this sustainable technology.

With the fragility of grocery store supply lines (most grocery stores manage about a 3 day food supply), it is prudent to see home gardening have a resurgence. This Food Taco technology will provide the opportunity for more people to have access to food sovereignty with easy and affordable home gardening. All residents of the Island of Hawai'i and beyond can have access to safer vegetable production. And all beings of different sizes and abilities (from kids to senior citizens) can have greater access to healthy and more microbially supported food. Food Tacos for the win!



Food Tacos are great for growing greens!



Jennifer shows the Food Taco to Ron of Mental Restorations



The Pure KNF & Mental Restorations Team



This Food Taco is ready for another round of planting!



Grow onions and kale without bending over!

An Interview KNF Practitioner Beth Smith

By Ryan Flesch

Q: How do you retain your mental fortitude in the context of 2020?

A: It is all too easy to go down the gloom and doom trail right now, and it is only with conscious effort that we can avoid it. Efforts that I make include maintaining relationships to the more than human world, including loving my plants and the life in the soil that supports them. They in turn love me back, and so we support each other.

Q: What brought you to KNF? Or how did KNF find you?

A: I have lived in the Santa Monica area outside Los Angeles for some time, and my houseplants have been like my pets or children for all of it. When Drake, my nephew, introduced me to his passion, Korean Natural Farming, it made immediate sense to me. I had never had the framing of soil microbes as the basis of how plants interact with getting their needs met, but I had always treated my plants with the utmost care, speaking kindly to them, tending them with good intentions, and in general treating them with love. So it came as no surprise to me that there was an entire ecosystem of life that I had been communicating with, and I wanted to know more.



Drake, Suze, and Beth in LA

I have just recently begun my journey with KNF, and I didn't start out with any usable plant material to speak of, so I planted a bunch of borage in my small plot. It was incredible to see the borage grow to three times the size using KNF solutions like FPJ, OHN, and diluted sea salt to bolster them!

Q: How do you see KNF as an empowerment tool to allow for more independence?

A: I have clearly seen the detriment caused to people's food security by the industrial food complex, and there is no way we are going to stop the growth of food insecurity without more localized, healthy food systems being implemented. If we want to grow healthy food in places like cities, where pollution runs rampant and soils have been deeply degraded, we are going to need restorative solutions for the microbiology in the soil, like vermicompost and KNF! That is how I see KNF as an empowerment tool for people, in the ability to revitalize life in the soil so that the plants that are grown in that soil can in turn revitalize the life in our bodies. We also address the need for growing the awareness of these practices by implementing them in the city.

Q: Do you consume food or medicine grown with KNF practices?

A: For the most part, in being new to the practices and in the LA area, I haven't started to eat a lot of KNF grown food yet. I have an old school gardener neighbor who has shared some different greens and vegetables with me, and as I have been spraying his gardens with my KNF solutions, I have had the chance to begin consuming KNF grown food and look forward to more as I start to grow my own!

Q: Considering all of Master Cho's recipes are edible, have you been consuming any of them?

A: I regularly drink OHN and can feel in my body that it is supporting my immune system. With what

we are going through, it is my opinion that we owe it to ourselves to do whatever we can to build up our immune system in the context of being alive in 2020 and on into 2021. If we make a conscious effort to build an adaptive and healthy immune system, we cultivate a more robust and defensible terrain when our bodies come into contact with harmful microorganisms. Whenever I have an upset stomach, I drink a bit of LAB with my water throughout the day and consistently am revitalized through that recipe. One of the reasons I love KNF so much is that I know exactly what these recipes, or supplements, are made of. That gives me a lot of peace of mind when utilizing them for myself, my dog, or my plants and soil. I also drink FPJ on occasion, and simply listen to my body to tell me if I should be engaging with that medicine.

Q: What are you doing to spread KNF practices?

A: I've been sharing my sprays with a gardening neighbor, which is a wonderful relationship because, like most gardeners, he easily grows more than what he and his family can reasonably eat, and so he shares with me. He doesn't just share homegrown food, but he's sharing his witnessing of the fervor that his garden is growing with now that I've been spraying his veggies! He pays keen attention and always has, and can see quite readily there is a causation, and not just a correlation, between their vigor and the KNF sprays I've been sharing. We're trying to get KNF into California, it is so easy, we just need more positive actions and options. We need to get the word out, whether it is person to person or broadcast. Word of mouth is my favorite. I believe it is the most effective form of advertising.

Q: How do you integrate KNF into your care for animals?

A: My dog is another being who benefits from my engagement with KNF practices. She got sick once, even to the point of vomiting, and I gave her LAB in her food and water and she recovered quickly thereafter. I've never had any livestock, so me and my dog are the animals I care for using KNF.

Q: Has KNF altered the way you view the world?

A: Our mentality is such an important part of our health. Our fear of what is beyond the human world is contributing to our overuse of hand sanitizer, which is contributing to the breakdown of our immune system. The chemicals are destroying life, where the KNF solutions are full of life, and contributing to our protection.

With KNF, I feel hopeful. Just knowing it exists gives me hope that we can heal our beautiful mother earth. Everyone knows mother earth is in great distress right now, and we need to get the soils back to health and bring everything back into balance and KNF is a wonderful tool to accomplish this. It is totally natural and completely organic. This is how we care for our shared home. Our presence can be of benefit to everything if we care for the earth well.

The love part is the biggest thing, working with, instead of against life. I've always had house plants, since my 20's. People even thought I was strange because I loved my plants so much. I didn't have any pets for the majority of my life, so the plants were my pets. I do now have the pleasure of sharing my life with a Black Poodle and my wonderful nieces and nephews, and they fill me to the brim with love.



Q: Would you say humans can flip the 'humans as parasites' script surrounding our presence?

A: KNF can absolutely help with that. If you use KNF on your farm and get 3X the yield, you'll be hooked and will be able to provide more food and better quality food for the population that is here. More nutrient density is going to be critical as we move forward. One person at a time. When you learn how many people are practicing KNF around the world, it gives one a lot of hope. If everyone growing food at any scale was regenerating the earth instead of contributing to her degradation, I think we would be telling a very different story around our existence.

Q: Do you have anything else you'd like to say?

People need to embrace microorganisms. They are your friends, they protect you from disease. They are so important and make up your entire GI (gastrointestinal) system. I am 60 years old and have a great immune system. I've never used a hand sanitizer to get rid of germs. I know the microbes are protecting me from all the evil diseases out there. They are there to support and protect me, and us.

We have to stop abusing the planet. We must start loving her. When I was growing up, there was one hyperactive kid, one overweight kid, and one bully in each class. The current generation is now being exposed to so much more poison and so many more chemicals, you've got to ask, how can that not be affecting their overall health?

Everything is interrelated. We need hope, and we need to know where our food comes from. I don't believe there is a single consumer out there who would say, if price was not attached, "Yeah, let me have the food grown with chemicals that kill the microbiology of the soil that has a lot of similar microbes to those that live in my gut and support my overall health and wellbeing."

So it's important for my generation to stand in support as the younger generations are inheriting quite the mess, and it is wonderful to know that people like you, Drake, Suze, and so many others are taking the initiative to say "I may not have created this mess, but I see enough and care enough to contribute to cleaning it up."



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Revitalizing the Desert with KNF Israel and Sam Bevans

By Ryan Flesch

This shared home we live on is an expansive place. In line with the Pure KNF Foundation's mission of restoring balance to life through microbial awareness, education, and action, I have the pleasure of introducing you to the work of Sam Bevans who is doing all three of those things as he has taken up the mantle of Korean Natural Farming in Israel for the last two years. Sam is a former student of Drake's and a long-time resident of the Big Island of Hawaii.

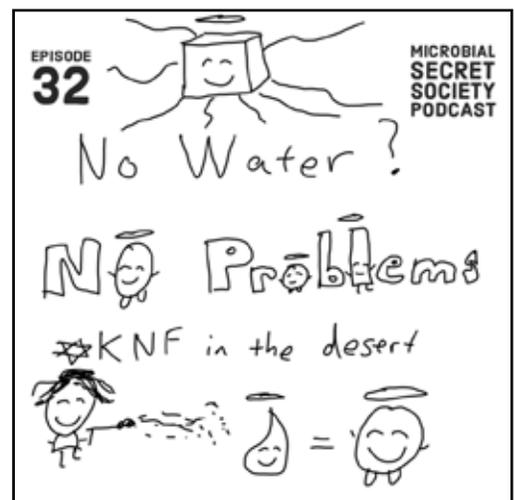
When he first heard of KNF, he was living in the jungle of Hawaii and thought it was mostly about fertilizer, which he didn't feel like he really needed. As an agroecologist already, he and the jungle had other ideas on ways to incorporate more fertilizer into his food forestry and gardening. It was when he started to hear about the other solutions, KNF Structure and KNF Medicine in particular, that his interest was piqued. After talking to Drake, he realized it goes so much further than fertilizer and all the way to rebuilding the life in the soil and the world around us. Sam took Drake's foundation and teacher training course before heading off the island to the fertile crescent, well prepared to bring KNF to Israel and beyond.

When he first arrived, reception was a little bit slow. He taught a few people early on but didn't speak the language. He then moved down to the desert, since he had seen the capacity of the microbes to retain water and increase soil fertility and wanted to apply these practices where it was needed most. It was in the desert that he found his way into 'The Green Apprenticeship', which is a well-known month-long Permaculture Design Course (PDC), and started to teach KNF as a part of that course, which is put on by Mike Kaplan. Sam did a lot of experiments with low water gardening using IMO to retain water, and had incredible results. Nearly two inches of sand had become a fairly well balanced soil within two months, and during a 113 degree day, they investigated and found wet soil a half an inch below the surface.

This proof of concept really got the ball rolling through word of mouth and other methods of spreading awareness about what was happening in the desert and people started to reach out to bring Sam in to teach, starting in Egypt. While he was staying with the regenerative agriculture farm that had brought him down to Egypt, they let him know that one of the largest national news media was coming to do a story on their farm and they interviewed Sam which gave him the opportunity to speak to millions of people all across Egypt about KNF. They were getting all set up to build out a new regenerative agriculture farm in Egypt when global lock downs began.

Sam responded gracefully by teaching KNF out in the sand dunes, recording sessions to put online. After the lock downs eased up, he was able to start teaching in person again. He was able to get involved in a large scale KNF implementation project growing grapes and olives which went really well and is still ongoing in southern Israel. He's been expanding his offerings of more than just KNF, including more niche subjects such as medicinal and edible mushrooms, as well as specific courses on a single solution at a time, which have been well received, considering how complex a recipe like KNF Medicine can be.

He's making an international teacher training course and is planning to host an invitation only course to help bring promising people and



students from across the world into the region as teachers since he is one of the only certified teachers across the greater region (from South Africa to Portugal to Israel there are almost no certified teachers). It is so important for more people to engage in teaching, so if there is a part of you that says you might like to explore becoming a teacher, reach out to Sam, myself, or Drake about different avenues of becoming certified to spread awareness and education to bring more regenerative actions into the world.

Food is life in the areas Sam has worked across Africa. I know we all depend on food for life, but he reminded me that people there do not have the option to buy their food from the store. As subsistence farmers, it is either grown by you or someone you know, as there is no other food available for the most part. It provides the context for a greater motivation and passion for learning. For them, KNF is changing their lives completely, helping to relieve their dependence on outside inputs that can often be very expensive or toxic. They are growing healthier and cheaper food for themselves and their families while they are building greater food sovereignty and regenerating the earth.

Sam has been really busy in 2021, having already taught 5 courses as of the 10th of January! He'll also be teaching two courses outside of Jerusalem and one near Bethlehem of Galilee. You can find more information on these courses on the KNF Israel (Middle East, Europe, Africa) Facebook group linked to below.

The biggest thing Sam wanted to share with people is our growing understanding of the importance of microorganisms in day-to-day life. How they impact us on such a deep level is bound to shift awareness and interest from KNF as fertilizer and growth hormones for plants and more towards a life support system for all biological creatures and living things. If you want to build a good system and a healthy environment, you need to start with the foundation, and the foundation of biological life is microorganisms. We need to build up the foundation.

Keep up with Sam

<https://www.facebook.com/groups/knfisrael>



Sam has been on the Microbial Secret Society Podcast Twice!

<https://microbalsecret.org/podcast/episode-24/>

<https://microbalsecret.org/podcast/episode-32/>

Recipe of the Month

By Natural Farming Hawaii

Food (FPJ) Fermented Plant Juice



Gather one species of plant material. Multiple species confuse microbes during fermentation. Do not wash off plant material, shake off any excess dirt. If you are interested in ample growth hormones gather only the growing tips and do this at dawn before the morning dew evaporates.

Mix as if in a cement mixer with 1/3-1/2 the weight of the plant material of sugar. More sugar is needed if the material is sweeter and less if it is not sweet. Add sugar and stir to create enough osmotic pressure which is visible as the plants start to look like they are wilting/cooking, but not too much sugar to retard fermentation.

Pack tightly 2/3 into an appropriate vessel such as a jar or 5-35 gallon bucket.

Allow to ferment around room temperature for 3-4 days or longer if the temperature is cooler. Smell will change from fresh plant material to sweeter "slight alcohol smell" or mold will develop on the surface when fermentation is complete.

Collect the liquid and supersaturate for preservation by pouring off the liquid then adding sugar and stirring until a slight ring develops on the bottom of sugar settling out from over saturation.

Store in a cool place out of sunlight similar to wine or liquor for up to one year.

Which plants to choose?

Want vegetative growth? Make food from tips of something that grows very vigorously. *Banana suckers, bamboo suckers*

Want to support the flowering stage? Make food from flowers or unripe fruits. *Banana flowers, unripe fallen fruits*

Want a food for the fruiting stage? Make food from one or three types of fruit with the same recipe but increase the amount of sugar to equal weight because fruits are so sweet.

Want something that is general purpose? Make food from a dynamic accumulator. *Comfrey, weeds native in your area*

Want to concentrate certain nutrients such as silica? Choose a plant that is high in that nutrient, such as horsetail for silica, then ferment that and use that extract!

Want to boost one particular plant? Make food from the same kind of plant!



Food is the king of all medicine. It perfectly mimics plant exudates. By combining multiple foods together the biology thinks there is a polyculture growing above it and avoid the problem of monoculture sickness.

KNF Food is the Cornerstone of Maintenance Formula

By Ryan Flesch

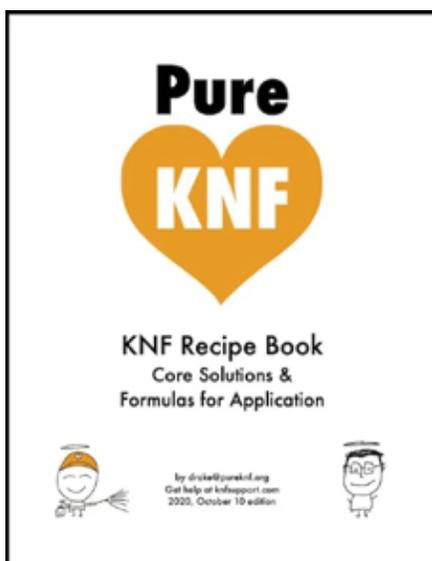
“Let thy food be thy medicine, and thy medicine be thy food.” Whether Hippocrates did actually say this or whether he was the first to say it is not the point, although it is interesting. The point is that we start to view what we’re putting into our bodies as one of the cornerstones of our health and homeostasis. This article is focused on why KNF Food is such an important aspect of the maintenance formula that we apply to our plants and soil on a regular basis.

Just like we do, our microorganism friends in the soil and our plant allies need food on a regular basis. For starters, this is why KNF Food is a pillar of the maintenance formula. In addition to the regular application of Food, KNF Medicine is also a component of the Maintenance Formula and is paramountly important as Korean Natural Farming has a strong emphasis on preventative medicine and care. If we create a healthier terrain, we will deal with less pests and diseases.

Keeping plants fed throughout their lives will also provide a healthier, more robust, and more resilient life form. We also want to pay attention to the cycle of life that our plants are in when we are mixing our maintenance solutions. If our plant is in a reproductive stage, we’re going to want to be sure we’re adding the appropriate ‘Green Juice from Heaven’ (that’s the best translation of what Master Cho originally wrote when writing what would come to be known as Fermented Plant/Fruit Juice).

Drake goes into detail about this in his workshops and gives a good overview in his recipes book. Basically you want to be adding Fermented Juice from the stage of growth that the plant is about to move into. Staying ahead of the plant’s visible growth stage by one step will help you to select between Fermented Plant Juices made from growth tips, or Fermented Flower Juices made from flowers, or Fermented Fruit Juices made from fruits.

Applying KNF Food on a regular basis will also, indirectly, provide you with better soil structure. This will allow for more air and water retention, as well as more space for plants to weave their roots into. Just as a mole provides air passageways in the soil by tunnelling, soil microorganisms and animals such as earthworms, establish pockets and pathways for the intermingling of life, nutrients, and energies. Keeping these organisms well fed is a cornerstone of helping to maintain a robust and healthy terrain for the subsistence of you, your family, and our soil microbe relatives. Healthy soil, healthy food, healthy humans.



Get the Pure KNF Recipe Book!

<https://naturalfarminghawaii.net/product/pureknf-recipe-book/>

Executive Officer's Community Report

By Ryan Flesch

With 2020 in our rearview mirror, I would like to take a moment to recognize that we dealt with a lot in the compounding meta-crisis this past year. Those of you reading this article have had the blessings, support, and resilience to have made it around the sun again, and for that, I honor you. I hope your livelihoods survived along with you, but for many, I know that will not be the case. It is in light of the meta-crisis and the growing fragility of greater society that I feel inspired to engage deeper with the regeneration of life. For me, a simple and elegant way towards that regeneration is Korean Natural Farming, and I am excited and grateful to share this passion with all of you.



Executive Officer

The first part of this report deals with the challenges we collectively face that were brought to a brighter light by the events of 2020. We are not dealing with a hiccup in the system. We are not dealing with a single crisis. We are dealing with a growing meta-crisis that is larger than any of us, myself included, can understand. The different ways in which society is collapsing in on itself have been and remain fairly predictable. It does not take the elusive full understanding of the meta-crisis to be able to see the ways in which one crisis makes another worse, such as wildfire smoke relief shelters not being able to open because of the social isolation orders. Our collective need for more regenerative solutions to providing and accessing food and water is growing. I speak about this to encourage you to begin to see the act of growing your own healthy and nutrient dense food, as a part of a revolution of love that is needed in 2021 and beyond. We need thriving life underfoot for what happens above ground to thrive.

With that said, I would like to recognize a few KNF students who are showing up for themselves and the collective in small and large ways.

Cat Benton has been working as an expert in the field of groundwater litigation for over a decade, standing against the continued pollution of groundwater around the world in court. Upon hearing about KNF and completing her foundations and teacher training in November '20, she has reached out to a local farm to start implementing KNF and documenting the results to contribute to the building of the collective body of work that others can draw on to make their own choices regarding the viability and efficacy of these recipes and practices. Her goal is to help teach others the body of knowledge that KNF offers in order to prevent groundwater contamination in the future and to help heal the planet, water and its living beings.

Ahmed Sindi graduated the foundations and teacher training in February '20 and upon his return to his home in Kenya, he has managed to make about half of the recipes at the same time as digging a community well, both to support his farm and others. The water coming forth is sweet and drinkable for all animals, plants, microbes and beyond. He is excited to have more time and resources to finish making a full array of solutions for use in his community. Maji ni Uhai! Water is Life!

Mike Schmautz recently folded his boat's sails and bought a small homestead on the Big Island with his wife. He also took the KNF foundations training in November '20 and has started implementing the full array of solutions on his property, collected IMO from a diversity of locations in and around his property, began batches of every solution, started sharing the good news with his neighbors, and even built a pair of Food Tacos for his new family (see 'Building Food Resilience through Food Tacos' in this newsletter).

Lastly, there is myself. I was another attendee of the November '20 foundations and teacher training and have begun a relationship with an ecovillage in the jungle of the Big Island called Gaia Yoga, where I will be teaching a KNF foundations training in the third week of February. The long-term residents of this space have been interested in learning KNF but have not yet taken the step to learn it thoroughly enough

to begin implementing the practices on a regular basis. It is going to be the perfect opportunity for me to get my feet wet teaching KNF at the same time as supporting this beautiful community that has been working to establish a socially and ecologically permanent culture for more than a decade. All the while, I have been helping to produce the KNF Times and establishing greater connections within the Pure KNF network to build a more robust, diverse, and collectively intelligent community.

My gratitude goes out to the microbes for helping to guide me to Hawaii; for Drake for all of his support in my transition from learning to teaching; for the Pure KNF Foundation for the work they are doing in the community, locally and globally; for all of the aforementioned students working towards a more beautiful world together, apart; and to all of you, our readers, for continuing to engage in these practices and philosophy as you develop on your own journey towards a more regenerative way of living.

In addition, I would add that the pursuit of wisdom is an important element of our capacity to be of service to that which we care about. We all have a strong depth of care for a variety of people, places, and things; it is that care that gives rise to our feelings. Notice when you are angry, what is it that you care about, or that is sacred to you, that you feel is being attacked, disrespected, or mistreated? When you are happy, what is it that you care about that feels abundant in that moment? When a climate prediction shortens the amount of estimated time we have before we reach a tipping point towards global catastrophe, and, maybe we feel fear, what is it that we care about that we are afraid of losing? Rather than be paralyzed by our fear, or unclear on what truly makes us happy, if we consider the depth of our care, we can know with more certainty how we want to show up; and who, or what we want to show up for. In that regard, we can continue to grow in our sovereignty that will provide us with the capacity to be of service to that which is sacred to us, connecting our strength to our care, and our logic to our virtue.

May all beings be happy and free

KNF Support Question of the Month

Question on: FPJ + Vinegar + OHN

fattyrootsfarm asked

Hi, I recently heard some guy say in a podcast that when applying FPJ(1:500) as either a maintenance spray, soil drench or seed soak solution it has to be used with a live vinegar(1:500) and OHN(1:1000) otherwise it doesn't react with the plant correctly. So basically they all work as a 'holy trinity' in harmony with each other. Am I understanding this correctly?

I am in the process of making the OHN so currently only have FPJ's (Plantain, Mango, Moringa), and live vinegars(of the same ingredients) available and yesterday evening I applied as a foliar spray moringa fpj and moringa vinegar at 1:500, today leaves seem to be a little pale and slightly yellowing. Any advice would be greatly appreciated.

Also does anyone have experience in using moringa in their KNF inputs?

Thanks in advance

suzepureknf answered

"Slight yellowing" you say? ... Sounds like you need to add calcium phosphate (knfStructure) to your spray cocktail. Similar to how the present day patriarchal Christianity forgets the fourth element (Mother Mary) so too some forget calcium phosphate in the Maintenance Formula. Dilute 1:1000 and combine with knfFood (fpj), knfCleanser (raw vinegar) and knfMedicine (ohn). Of course ohn completes this magic solution but if

you don't have any yet, don't worry. It's the fpj without the balance of the vinegar that can cause occasional mold growth if there are already pathogens present.

fattyrootsfarm answered

Thank you for your reply, I am yet to make that one but it's also on the list. Are you suggesting the yellowing is possibly from a lack of calcium phosphate and not because of my foliage spray solution not being balanced? I noticed it affected the younger plants more than the slightly older others but nothing too severe.

suzepureknf answered

While I don't know the full picture I would wager a guess that that is the problem. typically when a plant yellows it is lacking calcium. It needs the phosphate when it's growing its roots. and then later when its going through change-over (transitions from vegetative growth to reproductive) it needs the cal-phos upped to have healthy reproduction, otherwise, like some women, the plant experiences "morning sickness," perceived as "slight yellowing period", according to Cho. But what are you growing? The reason I add cal-phos to the maintenance formula is because all of the formulas (except for one, advanced harvest) given to us by Cho (soil, seed, veg, puberty, and reproduction) contain cal-phos (WCP) at some dilution. Premixing up a batch of M.F. to last a month or two helps save time and ensures my babies get enough phosphate. If you haven't made WCP I highly recommend it! Could be the game changer!

I learned from Drake. We use two grill starters. Jam the top one into the bottom (summon your metal bending powers.) Fill the bottom chamber with coals, and fill the top chamber with bones (bovine leg bones are the best, but any mammal bones will do). light the fire and wait till the smoke turns from blue to white. That's the first sign that the bones are done. Second sign. Bones are black all the way through, easy to break apart, and react with the vinegar. Burn it outside away from people. Smells like a crematorium. Hope this helps. Best of luck!

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