

Webinars Begin

BY PASTOR CHRISTOPHER MARONDE

In 2023 we are ramping up our efforts to teach you about nutrition, gardening, farming, and faithful stewardship of the land. We are going to bring you some of the leading voices within our Lutheran circles (and some amazing voices from outside) in agriculture and Christian community to share with LIRA supporters.

The first webinar is on the next page, and we list some of our guests on the final page of this newsletter. Plus, we're constantly adding more to the schedule!

Keep watching our Facebook page and YouTube channel; once or twice a month, we will bring you a new interview.

We will give you some knowledge, and connect you to others who are thinking and doing, who are leaders in caring for God's creation and producing amazing food!

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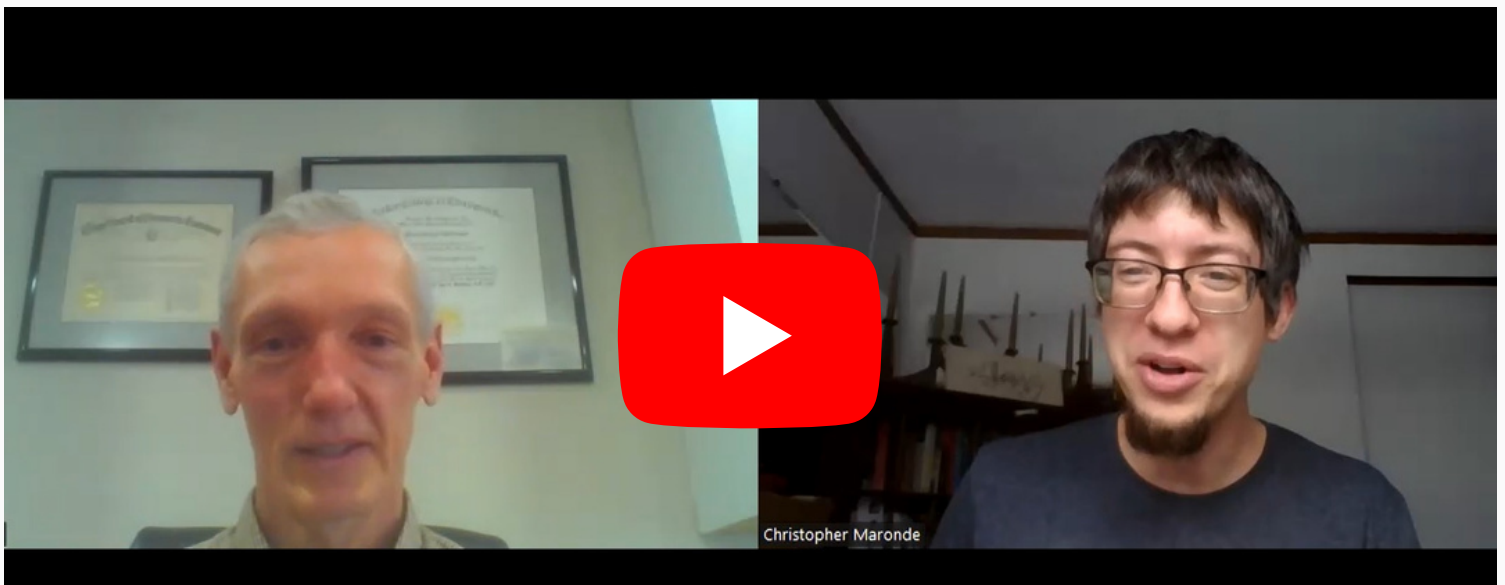
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Bacon Lovers Welcome!

BY PASTOR CHRISTOPHER MARONDE

If you love the finer things in life..farm fresh produce and products....and love caring for your families and the earth, check out this [Webinar](#)! Pastor Maronde and Chiropractor Brent Bultemeier discuss the amazing benefits of eating delicious, nourishing foods!



Fast Food Nation

Mineral Depletion in vegetables (average of 27 kinds of vegetables, 1940-1991):

- Copper declined by 76%
- Calcium declined by 46%
- Iron declined by 27%
- Magnesium declined by 24%
- Potassium declined by 16%

Mineral depletion in meat (average of 10 kinds of meat)

- Copper declined by 24%
- Calcium declined by 41%
- Iron declined by 54%
- Magnesium declined by 10%
- Potassium declined by 16%

You would need to eat twice as much meat, 3 times as much fruit, and 4 to 5 times as many vegetables to get the same amount of minerals available in the same foods in 1940.

-DAVID THOMAS, "A STUDY ON THE MINERAL DEPLETION OF THE FOODS...."
(NUTRITION AND HEALTH, 2003)



Abundant Landscape Systems

In this video we share how any landscape, anywhere can be an abundant source of nutrient dense food and how the systems thoughtfully placed can benefit and enrich the whole system, creating beauty and health for your family and community.



Garden Tutorials Begin

Spring comes early when we start seeds indoors! We invite you to come along with us on our garden planting journey! Each month we reveal what surprises are waiting for planting. We are expanding our plantings this year in hopes of becoming more self-sufficient and we will be counting the potential cost savings as we go!!



Planting Possibilities

In the fall I start dreaming and planning.

I pull out my seed catalogs, I look at different varieties, I plant my garden in my mind.

My enthusiasm always grows as large as my hopes and as long as my seed list.

“Are you sure we have room for that many tomatoes?” a rational husband replies...

I am sure we have room, because I **need** that many varieties and
wouldn't know which ones to part with otherwise.

Of course we have room for that many tomatoes... I may need some extra.

“Remember the year the cat went hunting for flies over my tray of seed starts.....?”

“Remember the year the raccoons dug up the tomato plants?” (that was a bad year)

“Remember how I can squeeze some extra plants at the edge of the cold frame?”

“Remember all of the extra plants I have been able to share? Remember the abundance?”

“I'm planting possibilities,” I respond.

Apple, Pear, Peach, Plum, Cherry.....

Oh, the varieties, and, Oh, my beautiful fruit tree list!

Should we rationally plant that many trees this spring?

No rational person should plant as many trees as I am hoping to plant.

Thank goodness I am not struck with the ailment of rationality in moment of planning.

“Remember, we don't know for sure how these varieties will do in our climate”

“Remember that some could be damaged or injured”

“Remember that it takes years before we may see a good amount of fruit from the trees”

“Remember how we can always share the extra fruit? Aren't you excited about the abundance?”

“I'm planting possibilities,” I exude.



Maple syrup....so delicious and sweet....Who can resist the real stuff?

Alas, it is not a staple of the normal everyday garden.

It takes years and years after planting before sugar maple trees are able to be tapped.

It is possible I may not see the day of the first sugar maple sap refining.

But, what if it isn't for me anyway?

What if I spend my time planning of how I can plant beautiful possibilities for the future?

What if I spend my days showing my children the miracles of seeds emerging?

What if my children learn as they watch me plant, water, tend, and prune fruit trees for them?

What if I plant a maple syrup possibility for my grandchildren and perhaps yours?

What if I spend my time working and creating for my children and yours?



"That is an awful lot of time and effort." some may say.

"Times have changed and it is just more efficient for large farms to grow our food."

Perhaps, but I am planning for something richer.

I am planning for self-sufficiency for generations.

For them I am planning abundance.

And with that love of planning,

"I'm planting possibilities," I reply. "Lots of them."

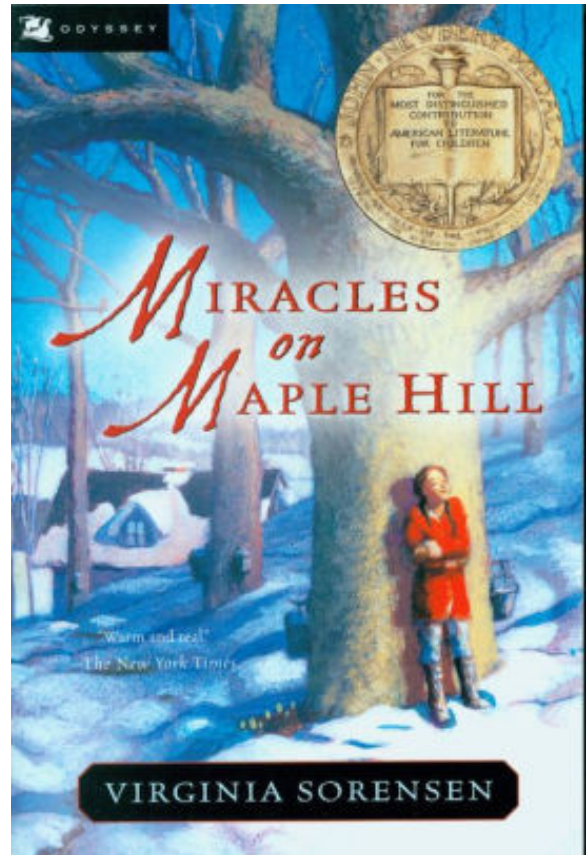


Miracles on Maple Hill

A family finds hope, healing, community when they leave the city and move to Mother's childhood home at Maple Hill.

Here is a book that brings you on a journey of discovery through the quiet beauty of nature and the rhythm of the seasons.

Marly had been waiting a long time for this special moment. She sat alone in the car and stared at the lonely countryside and the small dilapidated house.



*It had to be the right place.
All outdoors. With miracles.
Not crowded and people
being cross and mean.
Daddy not tired all the time.
Mother not worried.*

*She whispered, "Please let
there be miracles."*



LIRA EVENTS 2023

Webinar Listing

- Del Ficke - Co-Founder of The Graze Master Group
- Vance McCoy- owner of Triple Creek Cover Crops
- Joel Groschbach- Regenerative Farmer, NE
- Mary Powell- owner of Barnyard Weed Warriors
- Rev. Tim and Hannah Heath- Heath Homestead
- Brent Bultemeier- Chiropractor and Nutritional Expert
- Rory Groves- Author of Durable Trades, Farmer
- And More!



Farm & Garden Tutorials

- Setting Yourself Up for Seed Planting Success- Mind-Saving Seed Organizing System
- Creating an Easy Spring Planting Schedule
- Starting Seeds Indoors, Seed Starting Setup
- Make Your Own Seed Starting Mix
- How to Start Sweet Potato Slips and Transplant
- How to transplant Indoor Seedlings
- Starting Pepper and Tomato Seeds Indoors
- Top Tomato Planting Tricks
- No-Till Garden Planting
- And More!



For Webinars, Tutorials, Presentations, and Farm Updates, Visit us at:

lutheransinag.org/blog/

