

A FREE COMMUNITY NEWSLETTER

JULY 2014

MIMBRES MESSENGER

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MEET YOUR NEIGHBORS

Jerome and Dana Domingues

By Anna Willhite

Jerome Domingues and his family, wife Dana and children, Jasmine 13, Joslyn 11 and Jesse James 7 embody the true multi-generational, lifetime attachment to and affection for the Mimbres Valley.

While Jerome grew up away from the Valley, he has come home where he has deep roots. There is not only his immediate family, but extended family: his parents, Ray and Debbie Domingues, "born and raised" Valley residents; and his grandparents, Mick and Velia Guck, also lifelong residents. Debbie Domingues works at San Lorenzo Elementary School.

Jerome was into rodeo roping as a boy and modestly claims to be "pretty good at it". Growing up, he had the use of a practice arena near Animas and the mines, and felt that Valley children would benefit from a like opportunity. His project in pursuit of this notion has been in the making since 2000, when he returned to the Valley with his wife, Dana, who is from Silver City.

The long-range plan is the creation of a practice arena for his children, nieces and nephews. That has expanded to include all children.

The practice arena is a big project and has been "slow going". These days, after years of saving, work, ideas and plans, along Route 35

across from the Storage and RV facility, there has emerged a handsome arena, complete with lights. The work goes on.



Jerome Domingues at the arena

In the beginning, the site had no well, no power, but lots of ideas. Jerome acknowledges the enormous amount of work involved and the great amount of help he has had. His wife and father and all of his children, as they have grown, have joined the work force. He specifically expressed great thanks to

CONTINUED ON PAGE 2

A LETTER FROM AN “EDITOR”

By: Franz Raiter

Summer is in full swing and many people in the valley are busy with various projects, having fun, and trying to keep cool, although not necessarily in that order. The cicadas are buzzing and as the solstice passes, I note many of you are on the move way before the sun has backlit the Black Range with the first hints of morning light. Keep up the good work, somebody has to! Speaking of good work, I had a nice visit with the highly informative John York who is the featured local this month with his enlightened fruit tree operation.

Last month I experienced the joy of chasing a conveniently white bull around the neighborhood until two in the morning (shout-out to Colton), but this month I have taken a break from cowboying and am trying to wrap up several little projects around my compound. The bull is now safe on the valley floor and can be seen lounging by the side of the highway near the PNM lot. A couple of large javelinas sprinted past my dogs the other day and I saw a large herd of elk with several young ones near the continental divide. It always seems like the animals move around when the weather is about to change, we'll see. Keep it real Mimbrenos



CONTINUED FROM PAGE 1
MEET YOUR NEIGHBOR

Mark and Robin Osborn, who have “helped a bunch”. Ray Linderman was named as another valued helper.

As the years and work progressed, the ideas kept on coming. Jerome envisions giving roping lessons to his son (and likely others), providing a place to practice rodeo roping and riding, where 4-H youngsters could keep and train their show animals. Perhaps eventually there could be a facility for boarding horses. He envisions a full-service arena

for kids to use and enjoy, hopefully open at least 2 days a week. Young people are clearly his focus. “I won’t turn down a kid.”



Jerome, Dana and their family somehow seem to find time to do it all. Dana has just completed courses at WNMU and has become a board-certified occupational therapist. Jerome works full time, rides with his children 3 or 4 times a week

(hopefully daily after the arena is open), and works on the arena for untold hours virtually every day. It is clear that this project is a labor of love.

Presently, Jerome has no firm idea when he can open to the public, despite the many anxious inquiries he is getting. There are insurance and other issues to be resolved, including additional building (pens) and expansion of the facility. He vows that nothing “tacky” will be set up. Based on progress to date, that is not a concern.

Sustainable Valley Resident of The Month - John York

By: Franz Raiter

I pulled into the York compound, on the valley floor of the upper Mimbres Valley, in the early afternoon of one of those hot days in early June when it is easy to forget that it is possible for water to fall from the sky in any form. Single digit humidity, upper 90's and a painfully bright blue sky unfolding to south, where Cookes Peak was dimly floating in a dusty layer of haze.

I approached the door, knocked, and was let into the cool confines of John York's kitchen, where John was perusing a coffee table book that featured various colorful New Mexicans, including himself and Louis Oliver. He was impressed by the photographer's skill in capturing the spirit of the southwest, saying, "He was a fashion photographer out of New York city, so whenever he takes your picture, he treats you just like the fashion models-you know, they chatter, they talk constantly, they never shut up: 'That's great John! Good! See, move your head a little bit. Blah blah blah, yadda yadda.' But he was a great guy and a wonderful photographer." It was fun to imagine the chattering photographer steering the old man in suspenders this way and that, kind of like a Kate Moss/Johnny Appleseed hybrid, give-or-take 50 pounds and 40 years. After Talking with John York, I got the sense that he was passionate about apples in particular and fruit trees in general. Sometimes his voice would take on an awed, almost reverential tone as he related his love of varieties of apples and their intricacies.

I heard that he was practicing some interesting pest control methods in his orchard and I wanted to find out more about it. He provided me with an almost uninterrupted stream of conversation that I have tried to capture here.

"When we first came here, we would lose about 20% of our apples to Coddling moth. Coddling Moth is a larvae that starts in at about 55 degrees. He showed me a publication that gave a breakdown on the calculations needed to determine the right time to treat an orchard for coddling moth. By watching the temperatures, you can determine the exact time to

begin treatments. We tried everything, lord we tried every kind of pesticide you could think of; could not control 'em and then we heard about puffers. The puffer is a pheromone device, you put one per acre. It'll make a little puff. Well, that pheromone prevents the male from finding the female; he is totally out of the breeding picture, that's the main thing. They puff once every 12 hours and that drifts over the orchard, it also drifts up and down the valley, so everyone within a couple of miles of us (laughs) doesn't have any problems coddling moths. The only other thing that we have a potential problem with, but we don't have 'em yet-they have them all across the northern part of the state, is the apple maggot, which is death on apples; there is no known pesticide for them. They are just decimating the northern part of the country."

"Along with that, we use this stuff called Intrepid-it only affects *lepidoptera*, nothing else and it causes the larvae to molt early and die. All bugs have to shed their skin in order to grow, just like crabs and lobsters and crawdads. My B.S degree was in horticulture, so none of this stuff was foreign to me. This gets them during their first stage of life. The system of using Intrepid and the puffers is basically foolproof if you'll do exactly what the book says. (He brought out manual put out by New Mexico State University, titled Coddling Moth Management.) A lot of people don't know that darned Coddling Moth is really rough on peaches, plums, pecans and all kinds of stuff; all you hear about is 'worms in the apples'-well they're not worms obviously, they're larvae. I don't know of any worms at all." (He showed me important temperature information pertaining to the timing of the use of the puffers and pointed to the list of numerous horticultural scientists who contributed to the detailed manual.) I belong to the New Mexico Apple Growers Association and they have all this stuff too, so there's not really any excuse for losing your apples to Coddling Moth. The problem is, on small operations like this, the cost of a lot of cultural practices is more than

you can get back if you have a complete crop, ok? That's true of all small operations; you have to be careful. Everybody says, 'To save your peaches, why don't you put smudge pots out there?' Well, you know what diesel costs a gallon? You'd be out of business in about three days! We just cross our fingers and hope we get through the cold events. We have about three hundred peach trees, roughly, and there are about four hundred apple trees so it's a nice, small orchard. My wife has about a half-acre table grape vineyard up there and she makes money-oh my god, it's incredible how people go crazy over those table grapes. There are no other places in the state, except at the experiment station in Los Lunas that raise the same kind of grapes; we got our starts from them.

The Mimbres apples have always been known to be extremely high quality. It has to do with our elevation and our soils, which are high pH soils. Nobody knows why, because apples are supposed to grow in a soil with an acidity level of 5.6 and up here it is 9! Boy, it's full of lime. Seven is neutral and we are very alkaline because of the lime in the water, that's what plugs up all of your pumps and plumbing.

There is another experiment station up in the northern part of the state doing insect control research, because that's where most of the apple orchards in this state are located and some of them use these methods and some don't. Some just insecticide the heck out of 'em, I mean-you cannot grow an apple crop under 100% organic conditions; the bugs will eat you alive. Now, we have a bug that comes in here in July called the 'long arm bug,' (he laughs) at least that's what I call it. They will come in here and they can strip a twenty-foot apple tree in three days; there won't be a leaf left on it. You can't let them do that, so I use a pesticide, at about a tenth of its recommended strength and that's enough to just knock them out of those trees like crazy. We use a very minimum amount of pesticide, in fact it breaks down very quickly so that's why

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GARDENING TIPS FOR JUNE

By: Sharlene Grunerud - Mimbres Farms Greenhouse

A Bit of History--Aldo Leopold

by Marilyn Markel

"Early in the 20th century, famed naturalist, conservationist and ecologist Aldo Leopold recommended a new idea-- the preservation of large areas of wild country as wilderness. The first designated wilderness is here in the heart of the Gila National forest, the Gila wilderness, established in 1924. By 1964 a National Wilderness Preservation System became law and since that time the Gila has added two more areas to the system-- the Aldo Leopold Wilderness and the Blue Range Wilderness.

In 1909, a young forester by the name of Aldo Leopold was assigned a job as a forest assistant on the Apache National Forest adjacent to the Gila National Forest. Leopold, newly graduated from Yale and trained at the university's forestry camp in Texas, arrived in the Southwest in the twilight of the American frontier. Leopold spent two years on the Apache Forest making observations and learning about the land and taking note of the human impact on the environment. In 1911, he was reassigned to the district office in Albuquerque and one year later became the supervisor for the Carson Forest in northern New Mexico. National forests had long been intensively used for grazing and Leopold was faced with dealing with problems of erosion and other land health issues. Leopold became ill while on the Carson and was temporarily assigned to the grazing office in Albuquerque. There he became increasingly interested in game conservation and restoration and helped develop recreation policies as well as administering grazing permits. After a brief hiatus from the Forest Service, he returned to the agency in 1918 as an assistant to the district forester, a job that took him around the Southwest inspecting the region's forests. Leopold's observations of the condition of the forests

and wildlife populations led to the development of his ideas concerning land health, ecology and game management, and preservation.

Leopold left the Southwest in 1924 profoundly impacted by his time spent in the region. During the 1920s Leopold argued for the need to preserve wild areas from development and for recreational use of forest lands to be given equal consideration to that of consumptive uses such as timber and grazing. Leopold proposed that

large tracts of wilderness should be kept roadless and areas of biological diversity should be preserved. Leopold's dreams were realized in 1924 with the creation of the world's first wilderness area, the Gila Wilderness.

Aldo Leopold died in 1948 while fighting a brush fire on a neighbor's farm. His book, *A Sand County Almanac*, first published in 1949, became a "must-read" for anyone concerned about the environment and game management issues. Leopold wrote his essay *Thinking Like a Mountain* about

his encounter with the Lobo, the Mexican gray wolf, while in the Gila country. That essay continues to inspire environmentalists and has greatly influenced how many Americans view the role predators play in keeping our forests healthy.



ALDO LEOPOLD



"A wilderness, in contrast to those areas where man and his works dominate the landscape, is hereby recognized as an area where the earth and its community of life are untrammelled by man, where man himself is a visitor who does not remain."

La Esperanza Vineyard and Winery Celebration



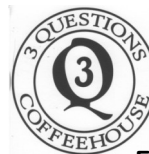
David and Esperanza Gurule invite everyone to help them celebrate the 5th Anniversary of La Esperanza Vineyard and Winery on Saturday August 2nd. The day's fun will include music

by Diamantes Mariachis at 12:00 -1:30, Brandon Perrault and Friends from 2:00-4:00, and Melanie Zipin and Jeff LeBlanc 4:30-6:30. And back "By popular demand", Acosta Farms will be selling their "world class" Green Chile Quesadillas from 10:30 until they sell out; "Come smell the green chile, the smell of New Mexico," says David.

La Esperanza is a small, "boutique" winery—a hobby that turned into a business. Using 100% New Mexican grapes, the winery makes a dozen wines. David says he has been told the winery, "is like a little piece of Tuscany on the Mimbres" where people get to taste the grapes the wine is made from—if you visit at the right time. Six estate wines include one named "Born in Space"—named after people born in Santa Rita, a town that no longer exists, destroyed and replaced by the huge open pit copper mine.

It all started when the Gurules lived in Kansas City and made some wine using a wine kit. They were further inspired after finding an old wine jug on the old homestead property on the lower Mimbres owned by Esperanza's family. Her grandfather, Don Antonio DeLaO, acquired the land along Gallinas Creek in 1906. He ranched and farmed--growing watermelons, beans, and orchard fruit. The creek and permanent springs on the property had attracted earlier people—Mimbres Indian ruins and stories of Apache campsites tell about the past. There are also tales of buried treasure. David says, "The true treasure is the water." Water always played an important role on the homestead. One year Santa Rita ran out of water and Don Antonio pro-

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**Please stop by for an
"All You Can Enjoy Breakfast Buffet"**

Served till at least 11:00 am
Lunch served until 2:00 pm

Fresh ground whole grain
Bread, muffins, cookies, etc.
Baked with purpose.

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From 7:00 am to 2 pm



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- 275gal Water Tanks: \$130
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ON LINE WILDFIRE INFORMATION RESOURCES

Information on active fires

<http://inciweb.nwfg.gov/incident>

Smoke and health-related information

<https://nmtracking.org/fire>

General wildfire information

<http://nmfireinfo.com>

CONTINUED FROM PAGE 6 - ESPERANZA WINERY

vided water to the needy community.

Esperanza inherited forty acres of the original homestead in 1998, and the family, then living in Los Alamos, began to spend weekends in Mimbres, camping out, planting 100 grapevines, and doing the hard labor it took to begin to restore the homestead. Esperanza calls it, "A labor of love." At first, they had no electricity and no way to water the vines other than hand watering from the old well and cistern.

Esperanza and David have three children--daughter Carrie works at St. Claire Winery in Deming, their son Paul lives in Florida, and other daughter Trisha in Albuquerque. All three have helped in the vineyard-- planting, pruning, tying, watering, picking the grapes—and learning, along with their parents, all the challenges of a fully functioning vineyard and winery. Conservation is an important feature of the business--David says water is recycled, grape stems go back into the ground and left over pulp is fed to cattle. All the hard work, investment of time, energy, and the expense of buying equipment like stainless steel vats, and three mile of nets, has resulted in award winning wine, and countless numbers of people who are enjoying the fruits of their labor.

Recently, La Esperanza hosted a Star Party along with the Silver City Astronomical Society. David and Esperanza generously allowed volunteers from the Mimbres Messenger to sell food at the event to raise funds for the newsletter. It was a fun event for all ages and lots of stargazing was enjoyed.

On August 2nd. or anytime they are open for wine tasting, take a drive down the river and visit the vineyard-- have a class of wine,

**Mimbres Valley
Mobile Veterinary Services, PC**

**Dale C. Streams DVM
575-536-9629**



LOCAL CHURCHES

MIMBRES UNITED METHODIST CHURCH

2622 Highway 35 in Mimbres

(Next to the Senior Citizen's Center)

Rev. Janet Whitmore (Pastor)
575-536-9880 (Please leave a message)

We invite you to join us for:
Sunday Morning Worship at 9:00 am
Sunday Bible Study at 10:30 am

Open Hearts ~ Open Minds ~ Open Doors

CATHOLIC SERVICES

San Lorenzo Mission
Every Sunday at 9:30 am

San Juan Mission
Alternate Saturdays at 3:30 p.m.

San Jose Mission
in Faywood
Alternate Saturdays at 3:30 pm

For information regarding San Juan and
San Jose services call 537-3691

RIO MIMBRES BAPTIST CHURCH

Mimbres Cactus Drive, Mimbres, NM
575-536-9543

Nursery provided 9:45 am to 12:30 pm

Bible Study 9:45 am

Wednesday Worship Services 6:00 pm

Where everyone is welcome to worship

TEAMKIDS AND YOUTH GROUP WEDNESDAYS @ 6 PM

For grades Kinder-12th
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laceofjadeknight@hotmail.com

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and learn
about our Creator!*



COMMUNITY CALENDAR AND HAPPENINGS

ALCOHOLICS ANONYMOUS - EVERY TUESDAY - 5:30 p.m. Mimbres Roundup Lodge. Acklin Hill Road. Speaker meeting - last Tuesday of the month. For more information **575-313-4693 or 888-388-1802.**

ARTISANS OF THE MIMBRES - JULY 6th at 2:00 p. Roundup Lodge. Contact Lynnae at Lmconaha@aol.com or 536-9845.

COMMODITIES DISTRIBUTION - JULY 9th (second Wednesday of every month) - 12 NOON to 2:00 PM - Roundup Lodge Please bring a suitable box. Volunteers to help pack boxes are always needed.

FARMER'S MARKET Thursdays 3:30 pm to 5:30 pm Valle Mimbres Parking Lot.

HMS MIMBRES CLINIC - Clinic Hours have been cut to two days. Monday and Wednesday 10 am to 5 pm.

LA ESPERANZA VINEYARD & WINERY - - AUGUST 2nd *FIFTH ANNIVERSARY PARTY.* For more information see the article or call 505-259-5523 or 505-238-6252.

LITTLE TOAD CREEK at Lake Roberts - At the Junction of 15 and 35. www.littletoadcreek.com 575-536-9649
JULY 3-6, Thursday through Saturday at 8:00 pm ~ Virus Theater performs original play "TICKER, or Of Gods and Cream Puffs" Tickets \$10/\$5

JULY 4, Friday at 2:00 pm ~ Backyard BBQ, Games and Live Music. The Roadrunners play at 4:00 pm

JULY 11, Friday, 5 to 8 pm ~ Art Opening - Narrie Toole - Contemporary Western Oil Paintings.
Exhibit through August 31st.

JULY 19th and 20th, Saturday and Sunday, All Day. Annual Hummingbird Festival. Hummingbird banding, lectures and fun for the whole family.

MIMBRES FARM BUREAU - THERE IS NO MEETING IN JULY - Monthly meetings the 2nd Thursday of each month at 6:30 pm. Pot-luck supper followed by a business meeting.

MIMBRES VALLEY HEALTH ACTION LEAGUE - JULY 14th at 5:30 pm Board of Directors monthly meeting. Three Questions Café, Highway 35. Members welcome.

MIMBRES VALLEY ROUNDUP LODGE BOOSTER CLUB

JULY 3rd - 5:30 p.m. Monthly meeting. Roundup Lodge. New members welcome. Light dinner served.

JULY 13th - 2:00 p.m. to 5:00 p.m. Bingo. \$5 a card or 3 for \$10.00. Grand prize \$50.00 cash.

MIMBRES THERAPEUTIC HEALING MESSAGES - Tuesdays, Thursdays and Fridays. For appointments call 575-574-7069

TOPS (Take Off Pounds Sensibly) Local meetings every week. "Just for the health of it." For more information call Paula Norero at 536-9433 or email at paula@gilanet.com.

VALLE MIMBRES MARKET - TUESDAY TO SATURDAY - 10:00 AM to 6:00 PM - 2739 Highway 35 Fresh organic produce, groceries and more 575-574-7069 - Every Wednesday Seniors get 5% off - . Every Saturday 10% off all fresh produce to everyone.

COUNTY CALENDAR

ALBERTSONS - JULY 2 nd - First Wednesday. Seniors 55+ get 10% off. All day.

BACK COUNTRY HORSEMEN - 2nd WEDS—6:00 p.m. Gila Regional Conference Room. Subject to change. Please call first. 575-574-2888

BAYARD PUBLIC LIBRARY - SATURDAY, JULY 12th – at 2:00 pm - Qi Gong Discussion & Demonstration presented by Glenn Henderson. Come explore the *8 Silken Brocade Qi Gong*. Brief discussion of the history and health benefits and a participatory demonstration of this powerful, yet simple Qi Gong form. For more information call the library at 575-537-6244 ~ 1112 Central Ave, Bayard

BOOKMOBILE WEST SCHEDULE - THURSDAY, JULY _____

| | |
|--|---------------------|
| Mimbres - Mimbres Valley Café | 9:45 am - 11:00 am |
| Lake Roberts - Sapillo Creek Fire Station | 11:45 am - 12:45 pm |
| Doc Campbell's Post (near Gila Cliff Dwellings) | 2:30 pm - 3:30 pm |

GRANT COUNTY ARCHAEOLOGICAL SOCIETY - JULY 19th - 3rd WEDS - 6:00 p.m. Either at Women's Club (Hwy 180 and Yucca St) in Silver City or for summer at the Roundup Lodge for a pot-luck supper. Interesting programs follow meetings. For more information, call **Marilyn Markel 536-9337**.

MS SUPORT GROUP - First Tuesday of the month at 11:30 am for lunch in Silver City. Meetings are held in various Silver City area restaurants. New members with Multiple Sclerosis are welcome. Email huseworld@yahoo.com for the location.

SILVER CITY FOOD CO-OP - The Food Co-op is dedicated to educating our community on healthy food and home cooking. All monthly forums are free and open to anyone interested. 575-388-2343 for more information on events.

TUESDAY, JULY 8TH and Thursday, July 10th noon to 1:00 pm in the Co-op Community Room, 520 N. Bullard Street. Learn how to make your own sorbet at home! Make four dairy-free decadent desserts: raspberry, banana, mango and chocolate.

TUESDAY, JULY 15th from noon to 1:00 pm in the Co-op Satellite Space at 614 N. Bullard (the old Yada Yada Yarn Building). A one-time class on QiGong. Explore the ancient practice of 8 Silken Brocade of Qi Gong. A brief discussion of its history and health benefits, followed by a participatory demonstration of this simple, yet powerful form of Qi Gong. Facilitator: Glenn Henderson 575-956-5038 or SCQiGong@hotmail.com

SILVER CITY MUSEUM - 312 W. BROADWAY - ANNEX - 302 W BROADWAY

ONGOING EXHIBITS AT THE SILVER CITY MUSEUM - Parece Que Fue Ayer: Grant Couty Chicano Music Project, now through July 20, 2014.

For more information about any of the Museum programs, call 538-5921 or go to www.silvercitymuseum.org

SIGN UP YOUR 3 AND 4 YEAR OLDS NOW

San Lorenzo Elementary is interested in offering a pre-k class for the 2014-2015 school year.

If you have a child 3 or 4 years of age by September or know of a family, please contact San Lorenzo Elementary at 575-536-9348 or 575-537-4070.

They will also be having a summer program for students. Call the school for details.

| SENIOR CENTER | | JULY 2013 | | | MENU | |
|--|--|--|---|--|---|--|
| MONDAY | | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| Santa Clara 537-5254 Mimbres 536-9990 Silver City 388-2545 Gila 535-2888 Please Call A Day Ahead For Reservations | | 1 3 oz Chicken Breast W/ Bun 1 oz. American Cheese 1 Slice Tomato 1 C Blackeyed Peas 1 C Steamed Carrots W/ Marg 1 Slice Angel Food Cake W/Strawberries | 2 6 oz Spaghetti & Sauce..5 ** 3/4 C Steamed Broccoli 1 Slice Garlic Bread 1 Slice Applesauce Cake | 3 ROAST BEEF 1 ** 3 oz. Beef Bottom Roast 4 oz. Mashed Potatoes W/Gravy 6 oz. Green Beans 1 WW Roll W/Margarine 1.5 oz. White Cake | 4 Closed for 4th of July Holiday  | |
| 7 3 oz Bean Burrito 1 oz. Cheese, 1 Flour Tortilla 3 oz Spanish Rice 4 oz Lettuce & Tomatoes 4 oz. Crackers W/Peanut Butter 4 oz. Apricots | | 8 Salisbury Steak...2** 3 oz. Salisbury Steak W/2 T Gravy 1/2 C Mashed Potatoes 1/2 C Steamed Spinach 1 WW Dinner Roll W/Marg 1/2 C Tropical Fruit Salad | 9 1 Taco Salad 4 oz. Spanish Rice 8 oz Squash W/Margarine 6 Low Sodium Crackers 1 Orange | 10 Ham & Cheese Sandwich 3** 2 oz. Ham, 1 oz Swiss Cheese 2 Slices WW Bread 1 Lettuce Leaf, 1 Tomato Slice 1/2 C Mixed Veggies W/Marg 1/2 C Mandarin Oranges | 11 3 oz. Beef Tips W/Gravy 1 C Egg Noodles 1 C Salad 3/4 C Peas W/ Carrots 3/4 C Peas 1 Oatmeal Cookie | |
| 14 3 oz. Braised Pork Chop 1/4 C 3 Bean Salad 1 C Peas W/ Margarine 1 WW Roll W/Margarine 1/2 C Baked Apple Slices | | 15 Frito Pie..1*** 3 oz Chile Con Carne 1 oz. Cheese, 1 oz Corn Chips 2 oz. Lettuce, Onions, Tomato 4 oz. Mixed Veggies 1 Lemon Crisp Cookie | 16 Liver & Onions *** 3 oz Beef Liver, 4 oz Onions 4 oz Green Beans 4 oz Mashed Potatoes, 2 oz Gravy 4 oz Sliced Cucumbers, 1 WW Roll 4 oz Strawberries & Peaches W/Topping | 17 2 Chicken Tacos oz Chicken, 1 oz Cheese, 2 Corn Tortilla 4 oz Lettuce & Tomatoes 4 oz Calabacitas W/Gr Chile 4 oz Pinto Beans 2 oz Bread Pudding | 18 5 oz Chicken Fried Steak 1/2 C Mashed Potatoes W/ Gravy 1/2 C Mixed Veggies 1 Slice WW Bread 6 oz Strawberries 4 oz Vanilla Wafers | |
| 21 heese Sandwich** 2 Slices WW Bread, 1 Cheese Slice 1/2 C Low Sodium Veggie Soup 5 Saltine Crackers 1 C Apricots | | 22 2/3 C Hawaiian Pork 1 C Tossed Green Salad 2 T Ranch Dressing 1 Slice WW Bread 3/4 C Sliced Strawberries & Vanilla Pudding | 23 3 oz Green Chile Hamburger 1 Lettuce Leaf, 1 Tomato Slice 1 Pickle, 1 Onion 1 C Buttered Beans 4 oz Carrots & Peppers 1/2 C Chocolate Pudding | 24 3 oz Chicken Strips 8 oz Mashed Potatoes W/Gravy 4 oz Broccoli 4 oz. Carrots 1 WW Roll W/Margarine 1 Oatmeal Cookie | 25 1 Tuna Salad Sandwich** 2 Slices WW Bread, 1 Cheese Slice 1/2 C Low Sodium Veggie Soup 5 Saltine Crackers 1 C Apricots | |
| 28 6 oz Enchilada Casserole 8 oz Broccoli W/1tsp Marg 1 Banana 1 Sq Apple Spice Cake | | 29 Chili Dog..2** 3 oz Hot Dog on a Bun 1 T Chili & Beans 1 C Potato Wedges 1 C Mixed Veggies, 1 Orange | 30 6 oz Beef Fajitas *** 1 Flour Tortilla 4 oz Pinto Beans, 2 oz Gr Chile 2 oz. Salsa, 1 Oatmeal Cookie 4 oz. Peaches | 31 4 oz Gr Chile Enchilada 2 oz Lettuce & Tomato 4 oz Pinto Beans 4 oz Spanish Rice 5 oz Canned Apricots | 8 oz Milk Served Daily!!! | |

The Mimbres Senior Center would like to announce their new Advisory Council Board

Kenneth Cox
Neline Dominquez - Treasurer
Teri Hupp - Vice President
Patricia LaMarche
Sharon McGrath - President
Tillie Montoya - Secretary
Katherine Van Ausdall
Anna Willhite
Mary Willhite



**Werner
TIRE**

575-538-3807
1155 HWY 180 E. - SILVER CITY, NM

**"Home Of
The
Brown
Boys"**

**KYLE & KEITH
BROWN**

Everyone at the Mimbres Senior Center is very sad to learn of the resignation of the Director, Amelia Cutler.

Everyone wishes you well and we look forward to seeing you in your new role as a visitor!

GOT A CLASSIFIED?

The Messenger will now be accepting Classified Ads. A small ad is \$3. A larger ad with picture is \$7. All ads must be submitted and paid prior to May 15th for the June issue. You can call 575-536-9323 to place an ad, or email your ad to mvmsngr@yahoo.com.

GREETINGS FROM THE ROUNDUP LODGE

We want to start by thanking everyone who helped to make our annual Rummage Sale a success last month—both those who donated items for the sale and those who came and bought those donated items. The Rummage Sale is one of our biggest fundraisers each year, with proceeds helping to pay for upgrades in the heating, cooling, hot water and electric systems at the lodge.

This year during the Rummage Sale, we added a Silent Auction for a couple of high value items: a truck load of firewood donated by Barry Gray, and a like-new dining set donated by the Livingstons. We thank these donors for their generosity, and we thank the bidders for their generosity, too.

Next month, there will be another big Rummage Sale at the Roundup Lodge. Billed as “Not Just Another Rummage Sale,” this one is being organized by the Mimbres Valley Health Action League to help defray the expenses for this year’s Mimbres Valley Harvest Festival. It’s scheduled to take place from 9 a.m. to 4 p.m. on Saturday, July 19, and from 9 a.m. to 2 p.m. on Sunday, July 20. We’re told that the items in this Sale include an assortment of tools, sports gear (including a like-new motorcycle

helmet), children’s clothes in addition to clothing for men and women, and good quality household items. Another load of firewood donated by Barry Gray will be offered through a Silent Auction. This Sale is an opportunity for valley residents to support the Festival that has been, and continues to be, a major community event — and to pick up some amazing bargains, at the same time.

For more information about the MVHAL Rummage Sale or to arrange to donate items, contact Health Action League president Grace Williams at 536-3687.

Due to the scheduling of a big Rummage Sale again this month, we will not be holding a Swap Meet in July. But Bingo will take place, as usual, from 2 to 5 p.m. on the second Sunday of the month—July 13. Cards still cost \$5 each or 3 cards for \$10. The Grand Prize is still \$50. There are still lots of other cash prizes, and there are still three Money Games in the course of the afternoon, where the winner takes all. Snacks are still served throughout the afternoon. All that changes each month are the winners. July might be your turn!

On Wednesday, July 16, the Grant County Archaeological Society will be holding its regular monthly meeting at the Roundup Lodge, with a

pot luck supper at 6 p.m. and a short business meeting at 7, followed by a presentation by Dave Phillips, curator of Maxwell Museum of Anthropology at the University of New Mexico in Albuquerque. His topic will be “Casas Grandes Effigy Vessels.” The meeting is open to the public, and everyone is welcome to attend. There is no charge.

In closing, we want to mention that in June, two funeral luncheons were held at the Roundup Lodge, and another is scheduled in July. The lodge can always be used by Mimbres Valley residents, free of charge, for funeral receptions, as long as it has not already been reserved for another event. Booster Club members will help set up tables, and the club will provide free coffee and iced tea. If needed, Booster Club members will stand by at the lodge on the day of the reception to accept and set out food, so a buffet is ready when people arrive after services. For more information or to reserve the lodge, call Peggy Platonos at 536-2997.



Mimbres Roundup Lodge

Your Community Center

BINGO

SUNDAY, JULY 13th ~ 2 to 5 pm

CARDS

\$5 FOR 1 or \$10 for 3
Plus 3 Money Games

GRAND PRIZE \$50

SNACK BAR OPENS
AT 1:30 PM

DUE TO THE MVHAL
RUMMAGE SALE BEING HELD AT
THE ROUNDUP LODGE,
THERE WILL BE NO

SWAP MEET

FOR THE MONTH OF JULY



TOPS' 8 Things to Do at a Farmers Market

San Lorenzo, NM – Shop at your local farmers market this season, and support farm families in your area – and you'll find produce in season that's fresher than what's in a grocery store, says TOPS Club, Inc.® (Take Off Pounds Sensibly®), the nonprofit weight-loss support organization.

Get in some exercise and scope out the best produce and prices by walking all the way around the market and looking at each booth before returning to make your purchases.

Be on the lookout for fresh-cut or potted herbs and spices that you can use as low-cal seasoning alternatives to butter, sour cream, dressings and mayonnaise.

Load up on greens and legumes, including beans, peas and lentils. Vegetables like carrots, celery, cauliflower, broccoli and zucchini are delicious raw and easy to cut up for a quick snack or lunch.

Steer clear of stands with homemade goodies, such as pies, pastries and cookies, as well as vendors selling ice cream or anything fried.

Be sure to check labels on homemade jams, jellies, preserves or chutneys, as they may be high in sugar or salt. Ask the sellers about their ingredients.

Try to limit buying large amounts of produce that are also starches, including potatoes, corn, pumpkin and some types of squash and peas.

Talk to vendors about which produce will keep for a long time or is good for canning or freezing. Apples, potatoes, squash and garlic will keep for many weeks or months when stored properly. Tomatoes and berries are great for canning. You can make your own salsas, sauces and jams, while controlling the amount of sugar, salt and additives you're eating.

Make the trip a group outing. Encourage friends and family as you all enjoy the festive atmosphere, fresh air, and healthy foods.

Mimbres Farmers' Market
Thursdays from 3:30 pm to 5:30 pm
New Location Valle Mimbres Market parking lot

Farmers' Market vouchers will be given away at the commodities distribution on July 9th

Conejo Mimbrenño

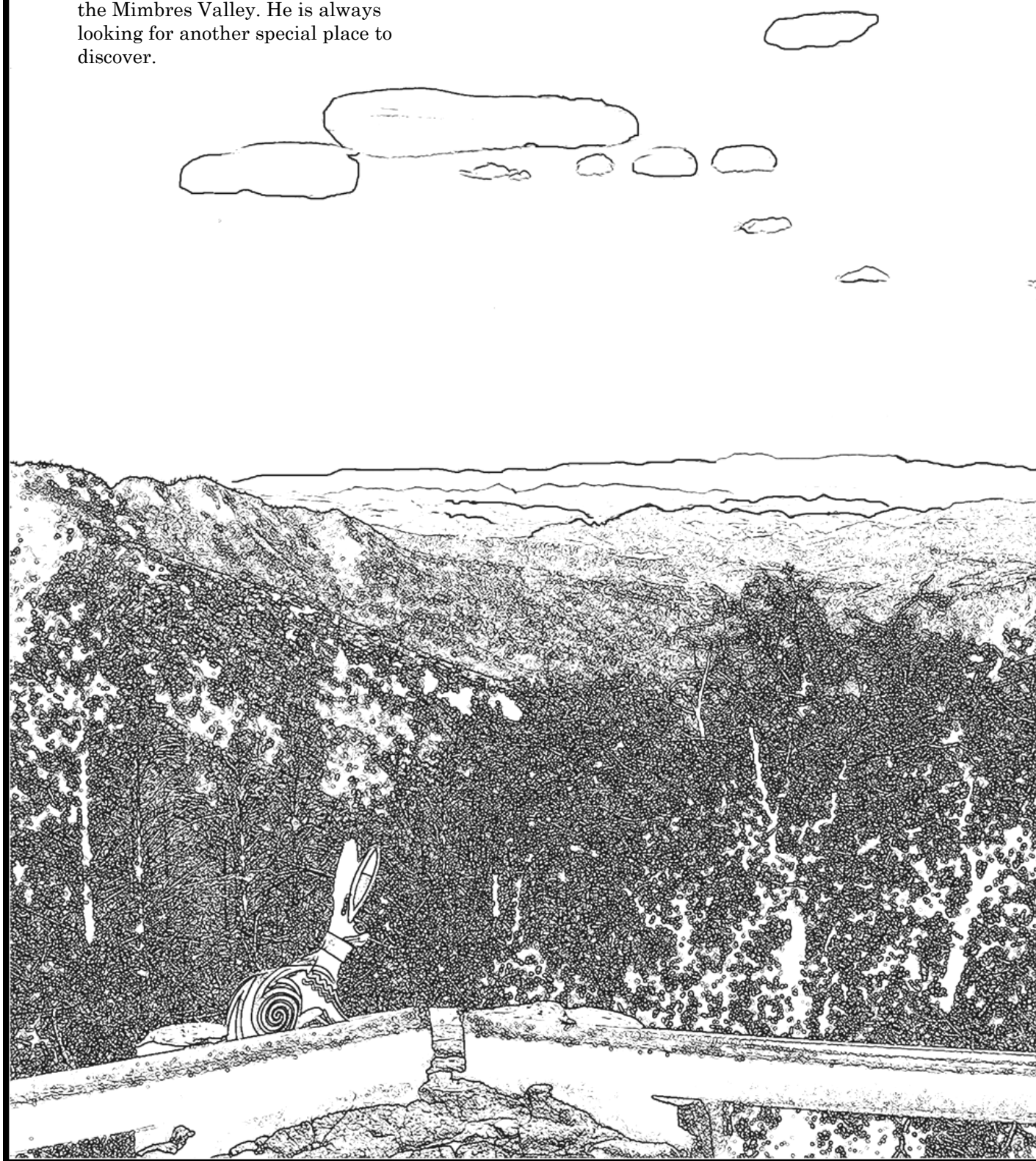
Last month I helped Smokey and friends put out a camp fire—Dead Out!

Smokey wants to remind everyone to "Please be careful with fire" and to always pour lots of water on your camp fire and stir the ashes to make sure there are no burning embers. Visit the Wilderness District Ranger Station to find out how you can help prevent forest fires.



Conejo Mimbrenño

Where should the Mimbres Rabbit visit next? Conejo Mimbrenño has adventured up and down and around, the Mimbres Valley. He is always looking for another special place to discover.





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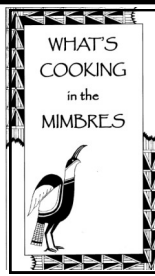
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**MARINATAED
ZUCCHINI SALAD**

6 med. zucchini,
thickly sliced
1/2 c. chopped green
pepper
1/2 c. diced celery
1/2 c. diced onion
1 (2 oz.) jar diced pimientos, drained
2/3 c. vinegar
1/3 c. vegetable oil
1/2 c. sugar
3 T. white wine vinegar - if desired
1/2 tsp. each salt and pepper



Combine zucchini, green pepper, celery, onion, and pimento in a medium bowl. Combine remaining ingredients in a jar, cover tightly and shake vigorously. Pour marinade over vegetables; toss gently. Cover and chill 8 hours or overnight.

What's Cooking in the Mimbres

is still available for purchase at Hupp's Hardware and Grocery, La Esperanza Winery, Elk X-ing Café, or contact any member of the Booster Club. The \$10 purchase price goes to maintain and improve the Mimbres Roundup Lodge - Your Community Center.

San Lorenzo Students Plant 3 Sisters Garden

The 2nd and 3rd graders planted Hopi Blue corn, Tarahumara and scarlet runner beans, and acorn squash in a "waffle" garden next



to the greenhouse at the Community Nature Garden. The students learned about "companion" plants—some plants do better when they are planted close to each other. The squash plants provide shade for the roots of the corn and help hold the moisture, and the beans will grow up and around the corn stalks. Native Americans traditionally planted gardens in a waffle shape. Linda Jones, the school custodian and other volunteers will water the garden until summer school begins in July, then the kids will take over the job. The students also planted sunflowers, some vegetable and many other plants. The gardens look great!

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A HUGE THANK YOU!

Local fire departments in this country respond to over 915 non-structure fires each day.

On Sunday, May 11th, Mother's Day no less, several local fire departments and U.S. Forestry were called out for what later would be named "the Signal Fire." Six million dollars and countless volunteer hours later, the Signal fire is a bygone threat.

One of the more complicated factors to fire fighting is dealing with you, the public. Often times, people are panicky, and sometimes distrustful of what they hear from authorities. "We're told its going well but there is more smoke today than yesterday." The fright becomes viral and people start false, if unintended, rumors.

Not on this fire.

The communities literally surrounding the Signal fire were just plain great. Cooperative. Welcoming. Informed. Pinos Altos did experience a small evacuation via helicopter – and

I'm not just referring to the dog which got the ride of his life. Other than that, the fire was kept at bay from our homes and businesses.

U.S. Forestry did an outstanding job. One of the things that impressed me about this team from the Southwest Incident Command was they were extremely informative to the public. They held 11 public meetings, from Fort Bayard, to Silver City, to the Mimbres Valley. And they were very cautious. While the fire stayed quite a distance from our homes, they did work with local fire departments to ensure we had good preparations for any evacuation, should Mother Nature turn the fire toward us.

Six million is a lot of money. Almost a quarter of a million gallons of water were used, primarily from Lake Roberts and Bear Canyon Lake. Over 800,000 gallons of fire retardant were dropped. 16 aircraft of various shapes and sizes worked the fire. 25,000 Miles were driven by ground support staff. But the

fire was safely contained at just under 5,500 acres.

Forestry recently got approval for Burned Area Emergency Response funding. That money covers activities such as removing hazardous trees, clearing channels, stabilizing roads and trails, installing caution signs, aerial seeding and monitoring the effectiveness of the treatments.

So while the work on the Signal fire continues, we all are back to our normal daily routines.

On behalf of the Pinos Altos, Sapillo Creek, and Upper Mimbres fire departments, as well as the New Mexico and U.S. Forestry,

THANK YOU for your cooperation.

Paul Kenney 536-3625

Sapillo Creek Volunteer Fire & Rescue



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Mimbres Artist of the Month- Narrie Toole

Excerpts from the Fall 2009 Peaks & Plains Airline Magazine by writer Kay Bjork

"Narrie Toole knows two things deep in her heart and soul—ranching and painting. In 2004 the two became one when she began to create her colorful, vibrant, and compelling paintings full time. She had always lived on a ranch or farm and she had always painted, but it was then that everything lined up, melded, and burst into an exciting new chapter for Toole.

There is an authenticity and intimacy in the paintings that originates in her first-hand knowledge and experience of the life of a cowgirl who spent her days on a horse, on the range, and in the corral.

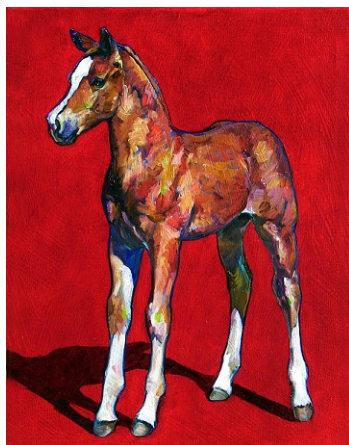
The excitement of those days is captured with her loose impressionistic style, use of pure bright colors, and backgrounds that don't carry much detail but are thoughtfully and deliberately executed to help create mood and motion.

Cattle and horses dominate her work, but she also paints exquisite Native American portraits. She owns and operates Estudio de la Montura and has sold her paintings to individuals and businesses nationally and internationally."



An art degree from Kansas State University, and years of ranching, both yearlings and cow calf, have given Narrie intimate knowledge of her subject material. "I have always loved animals and have a deep affinity for them. I have been privileged to meet some incredibly interesting people and include them as subjects."

"Estudio de la Montura" was born in the Mimbres in southwest New Mexico. "NM light and energy fuel my creativeness. The 'West' is the theme for my contemporary impressionistic paintings."



As for her Native American paintings, "Toole" obviously is not...but there are significant parallels between the Native American and Irish history. "In looking into the past for answers, remembering my Father's stories of the Dustbowl, exploring these faces from

long ago...learning about their accomplishments, has driven me to discover ways to reveal that inner spirit. These paintings attempt to give pause and reflection."

Her landscapes reflect the same style and color. Even contemporary, more abstract pieces merge from this search, often based on her childhood stories.

Color is a real passion for Narrie. "I like color...I have been deemed 'part magpie'. It is a key tool that I use to convey energy in my paintings."

Generous acquaintances, friends and of course art training, have helped her on her journey to be a fine art painter. "I could not make it without them. Doors open constantly. It is a good trip."



"The mysticism of the southwest claims me and my work more and more. Certainly not always serious but part of me nonetheless!"

See more of Narrie's works at her art opening at the Little Toad Creek on July 11th. Her exhibit will run through August 31st.

CONTINUTED FROM PAGE 3

we don't mind using it. We don't tell anybody that we raise organic fruit, 'cause we don't, according to the strict definition. Other than that, we use all-natural fertilizers, which we spray on the trees to avoid feeding the weeds. It gives good strong leaf growth and pretty apples; lord, we raise some of the most beautiful apples you've ever seen, when we have them, and this year we have a crop.

I was out there this morning, all morning actually, and we've got aphids in the peaches, BIG TIME. We've also got lots and lots of ladybugs, so I can't spray the damn aphids, but the ladybugs will eat their weight a day in aphids. (Laughing) It's another one of those things that we're faced with. We have had so many ladybugs in here the trees were orange. You know ladybugs bite like crazy, I don't know if you know that or not. Ladybugs will flat put a bite on you, they don't raise a knot or anything, they just bite. There's quite a few out there, so I'll probably let the peaches do the best they can. The frost got them big time, there's not a peach out there; it also got the apricots and the plums, so basically we have pears and apples.

"The puffers are out there working and you can smell them at night, you go out in the field and you can smell a real sweet perfumey smell. Every twelve hours it will puff out. It drifts over the whole orchard and the male is just S.O.L." (He laughs) He ain't gonna find nothin' out there except sticks and stuff. We used to run traps out there too to check on what's called a 'bio-set'. What you do is go out and you watch until you catch the very first male and that's another way to tell when you really should start (the puffers). I've done it for so many years, I can almost walk out there and tell when it's time to start the puffers. I can tell by the amount of fruit and how the fruit looks. Hell, I've got apples out there that big around (he makes a golf ball-sized circle with his fingers,) I can't believe it! What's going on?!?"

I asked him whether there was a local breed of apple that was traditionally grown in the Valley.

"The only local varieties- you'd have to go to some early Hispanic ranchito or small ranch somewhere and find one of their oldest apple trees. That probably is a uh, well, see, apples don't come from seed, they don't breed true from seed, they have to all be budded. So, if those guy planted seeds, lord only knows what they got, but there are a couple of trees-there's one down in an orchard way down in the southern part of The Valley and they have a yellow-striped Red Delicious. I have one too and it's a wonderful apple, doesn't bear any resemblance whatsoever to the big ol' red, taste-



John checking out the aphids

less things they sell. You know the problem with them being tasteless is they pick 'em before they're mature and they store them and then just before they sell them they fill their storage facility full of ethylene dichloride and it turns them red and gives them flavor. They appear to be somewhat ripe, well they aren't!

This is why four years ago the government started paying orchards in Washington and Oregon to dig up and cut down all of the Red Delicious-the first year they dug up and cut down 135,000 acres! Well, they sent 42,000 bushels to Japan and Japan sent them back saying that they were inedible. Those are the same ones you can get in certain unnamed, high volume, 'big-box' twenty-four hour stores in this very area. They bred them for color and for a leather-like skin and also for size; none of those things make a good apple. The best apple we have looks like somebody rolled it around in a barnyard for a week, but for flavor and taste and crispness, it's just wonderful."

He reflected on his life with the orchard, pointed to a pile of papers, logbooks and receipts and said,

"It's really a short story, the doin' is the long part and you can see this is all the doin'. Over the years, all this stuff in here, this is where I keep it so that I have it, sometimes I forget, over the years I've forgotten one little detail or another so I keep all this stuff. Everybody that raises apples, if they're serious, needs to go down to New Mexico State, up to Los Lunas and then on up to Velarde, that's the other station. Los Lunas is an experiment station next to the prison up there and Velarde is a station north of Santa Fe, Espanola actually, and they have a huge planting of Pink Lady up in Velarde that is really gonna turn into being the number one apple in the country. They are planting a big orchard over in Bowie and my wife and I went over there this past fall and bought apples 'cause we didn't have any; and their Pink Lady was just outstanding. Damn that's a good apple, wow! I was really impressed with that thing. We put in six, several years ago, and they're loaded this year so we'll be able to see how we do with those here.

We have a lot of varieties of apples here, we got a bunch. We have some really old ones, John Grimes is an apple from way back in the early 1800's and we have two of them and boy they're loaded. We lost part of the orchard in a giant flood in '78 or '80 and a lot of our apples went with it. Our Lady and King Edward and a whole lot of those really rare apples went down the river, but we do have quite a few that we've saved. Our best apples are our Wine Saps; at least I think so, my wife doesn't, she likes-there's an old Green one out there that she likes that I don't care for. (Laughing says,) It gets good treatment like all the rest of them. We leave the Wine Saps on until it frosts, until it gets cold like a son-of-a-gun, and then the sugars inside the apple combine with the apple flavor and give it a wine flavor, just-" He pauses and looks at me and says, "man, you'll have to come down in the fall-about November first or second is about when that will happen."

This is one of the times when I saw the true love of apples that John York possesses; I got to see him transform from a man sitting talking about life running

Little Toad Creek at Lake Roberts is Open for its Third Season

From May through October, the "Country Toad" is an inviting place to stop for a drink or a meal. With sixteen guest rooms in its bunkhouse and lodge, it is also the ideal place for a weekend getaway in the heart of the Gila.

Located at the junction of Highways 15 and 35, it is virtually the halfway point for those traveling from Silver City to the Cliff Dwellings, or taking a trip along the Trail of the Mountain Spirits. And for those living in the valley, it is the local pub and watering hole.

The dining room is open Thursday through Sunday for lunch from 11-3 and for dinner from 4-9. The lunch menu features traditional sandwiches with a southwestern twist, such as the Turkey Club Melt with green chili and the New Mexico Reuben. The Little Toad Creek burger can be made with local grassfed beef supplied by Gila River Ranch, served on a homemade spent grain bun. (Spent grain is the leftover barley used in the brewing process.)

Dinner choices include The Bourbon Cowboy, a delicious ribeye with home made bourbon sauce, an elk tenderloin, several seafood items and two vegetarian options. Fabulous dessert choices range from a fudge brownie sundae to flavored crème brûlées.

The tavern is open from 11-9, and offers as many as five options from the onsite brewery.

Little Road Creek also distills its own spirits, including traditional and flavored vodkas, silver and spiced rums, and both raw and aged whiskeys. Spirits from other New Mexico distilleries and guest beers from around the state are also available, and the wine list is fantastic, including over 25 choices from New Mexico wineries in every price range.



The recently refurbished guest rooms are small but cozy, and each includes a shower, coffee maker and satellite television. Rooms begin at \$55 for a king bed or two twins. Breakfast and box lunches are available for guests who wish to spend the day enjoying one of the many outdoor adventures in the area. The hotel is open Thursday through Sunday. Guests who wish to stay longer may do so if they book for at least three nights.

July promises to be fun and busy at the Country Toad. Virus Theater will be performing "TICKER: or, Of Gods and Cream Puffs", July 3 through July 6 at 8 PM under the tent.

Celebrate July 4th with a backyard barbecue beginning at 2 PM with the Roadrunners performing live music from 4 on.

July 11, there will be an opening with local artist Narrie Toole exhibiting current contemporary western oil paintings (through August 31).

The annual Hummingbird Festival will be held July 19 and 20, featuring local bird experts and of course, the majestic birds themselves!

With all of this here at Lake Roberts, who needs to go to Silver? But if you do, be sure to visit the satellite location "City Toad" open 11-11 every day but Tuesday.

For more information:
www.littletoadcreek.com.

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9th ANNUAL MIMBRES VALLEY HARVEST FESTIVAL

SATURDAY, OCT 11, 2014 at SAN LORENZO SCHOOL

Valley resident, Grace Williams has stepped forward to take on the job of Chair of the Harvest Festival planning committee. (Which doesn't mean that she won't share the job with a co-chair who might step forward.)

The organizing committee will meet monthly over the summer, then more often as needed in September.

Here are a few details:

The San Lorenzo Elementary School backfield will again be the festival site.

The Grant County Community Health Council will hold their Health Fair in the school gym.

There will be a family dance after the festival at the Roundup Lodge.

Parking will be off-site and festival visitors will be able to ride a bus a short way to the school.

San Lorenzo School will sell lunch and have a bake sale. This is their main fundraiser for the 2014 – 2015 school year.

There will be entertainment during the day on the stage.

Paula Norero will produce another fabulous raffle event.

In addition there will be art and crafts vendors, growers selling their produce, and games and activities for children and adults.

What can you do to help?

Volunteer in whatever way you can – see volunteer form in this Messenger

Cash donations to the Harvest Festival are always appreciated!

We are a 501(c)(3) non-profit. All donations are tax deductible.

The Mimbres Valley Harvest Festival is a project of the Mimbres Valley Health Action League (MVHAL). To learn more visit these websites: mimbresharvestfest.com and mvhal.org

The next organizational meeting will take place on Sunday, June 29, 4:00 PM at the Roundup Lodge. Call Grace at 536-3687 for more information.

PRODUCE OF THE MONTH ~ by Frankie Benoist

BOK CHOY or PAK CHOY (Brassica campetris)

A member of the cabbage family, bok choy has been cultivated in Asia for centuries, used mostly for food but also in traditional Chinese medicine.

Selecting and Storing: This leafy vegetable top resembles Romaine lettuce and its lower half celery. The white ribs should look crisp and the leafy parts should be dark green for the standard Bok Choy, a lighter green for the "Baby" Bok Choy. It can be refrigerated in a plastic bag for a few days, or blanched and frozen for many months.

Nutrients: Very low in calories, it provides a rich source of phyto-nutrients, anti-oxidants, vitamin A, C and K, as well as B-1, B-5 and B-6, and minerals

such as calcium, magnesium, potassium, manganese and iron.

Serving Suggestions: Bok Choy can be prepared in many ways, it can be added raw to salads, stir fried, steamed, roasted or boiled. In soup or stir fry, the leaves and stalks should be chopped and added separately, first stems then leaves. Also great for K-Bobs or raw as coleslaw.

Recipe

Bok Choy Sesame Stir-Fry (4 to 6 servings)

1 tsp toasted sesame oil + 1 Tbsp mild-flavored oil
3 garlic cloves, minced
1 tsp. fresh ginger, peeled and minced
1 medium to large bok choy, cleaned and cut into 1/2" slices
1/4 cup veggie broth or water
1 Tbsp lemon juice

1 to 2 Tbsp soy sauce
1/2 tsp cornstarch mixed in 1 Tbsp cold water
1/2 tsp smoked paprika or chile powder
1/2 tsp ground black pepper
2 Tbsp toasted sesame seeds

Heat a large nonstick skillet or wok to med-high heat. Add oil and swirl to coat the pan. Add garlic and ginger and quickly stir-fry until fragrant. Add bok choy, stirring often, for a couple of minutes. Stir all liquids, cornstarch mix, spices and bring to a boil stirring constantly. Cook choy until softened and liquid has thickened. Remove from heat and sprinkle with sesame seeds. Serve warm.

See Recipe for Bok Choy
Kimchee on Page

Vendor Registration Form

2014 Mimbres Valley Harvest Festival
10am – 4pm Saturday, October 11, 2014

No registrations will be accepted after
Sept 27, 2014!

Registration Information:

Business Name _____

Contact Person _____

Address _____

Phone (am) _____ (pm) _____

Email _____

I am registering as:

Grant County Grower

All fresh or dried produce must be grown by vendor in Grant County. No buying and reselling allowed. Growers may sell from their trucks. Locally grown items to be sold:

_____ Booths are free for growers

Grant County Artist/Craftsperson

You are invited to display and sell your handmade arts and crafts. No buying and reselling of crafts, trinkets, or candy. Booth space is 10' by 10'.

Medium of work (for example: weaving, pottery, embroidery):

_____ Booth fee \$30

Mimbres Valley Food Preparer

Please note: You are asked to apply for one of the 4 spaces available for food vendors. We need to feed the crowd with healthy food prepared in the Mimbres, using local produce when possible. Among other Health Department regulations, a screened-in canopy is required. A limited number of these canopies and electrical outlets are available on a first-come, first-served basis. No processed food, such as hot dogs, snow cones, candy, or any type of beverage is allowed.

Locally prepared food items to be sold:

Fees: \$30 Vendor puts up/takes down their own screened tent
\$50 Vendor puts up/takes down MVHAL screened tent
\$60 for a 10x20 space

Local Non-Profit Organization

Register for a table space to distribute information. Please include your space requirements.

Local non-profit organization info and space requirements:

_____ Booth fee \$15

Booth fee enclosed: _____ No registrations will be accepted after September 27.

Booth fees are non-refundable and must accompany this registration form.

Checks and money orders only.

Signature: _____ **Date:** _____

Please mail this form **before September 27** to:

Mimbres Valley Harvest Festival c/o MVHAL, PO Box 137, Mimbres, NM 88049.

For more information visit our website: www.mimbresharvestfest.com or

call vendor chair Megan Streams at 536-9629

9TH ANNUAL MIMBRES VALLEY HARVEST FESTIVAL

Presented by the Mimbres Valley Health Action League

CALL FOR VOLUNTEERS

There are tasks big and small that must be done to make the festival fun, profitable, and a well-run, and successful community-building event.

We need your skills and experience. This is your opportunity to help, meet and work with your neighbors.

PICK YOUR AREA AND LET US KNOW HOW YOU CAN HELP!

- ☐ **Set up on Friday evening, October 10**
- ☐ **Help with parking and shuttle bus day of festival**
- ☐ **Place signs on Friday afternoon, October 10**
- ☐ **Help Vendors set up on Saturday morning, October 11**
- ☐ **Help with Children's Activities**
- ☐ **Help at the Information Booth or Beverage Tent**
- ☐ **Give Breaks to Vendors on Saturday, October 11**
- ☐ **Deliver large purchases to vehicles, Saturday, October 11**
- ☐ **Sell Raffle Tickets and help with Raffle Drawing**
- ☐ **Help with clean up on Sunday morning, October 12**
- ☐ **Other**

For information and to volunteer call Grace Williams at
575-536-3687 or email at grace@mvhal.org

Saturday, October 11, 2014
San Lorenzo Elementary School

Mimbres Messenger
P. O. Box 137
Mimbres, NM 88049

Please email any suggestions, articles, announcements, upcoming events, advertising, etc. for consideration by the editors to:
willhite200@aol.com

We're on the web

www.mvhal.org

www.mimbresharvestfest.com



BULLETIN BOARD

July 14th, 5:30 pm - MIMBRES VALLEY HEALTH ACTION LEAGUE BOARD OF DIRECTORS' MONTHLY MEETING Three Questions Café, Highway 35.
Members Welcome

July 9th- 12 noon - 2:00 pm COMMODITIES PICKUP
Roundup Lodge - Volunteers needed to pack food. Please bring suitable boxes.

The Mimbres Valley Health Action League was founded for the purposes of improving the health, well-being, and quality of life for the people of the Mimbres region. Some of the ways targeted to do that are by improving communication and social networks, providing preventive health education, improving access to health and social services, increasing financial and economic stability, increasing recreation opportunities, increasing education opportunities, and promoting a safe and healthy environment.

an orchard into a man with an intimate, working relationship with one of nature's greatest products. I don't think I have ever seen anyone get so excited about an apple, and it was delightful. His eyes lit up and he exclaimed, "They are just stunning apples!"

He then talked about the places that he takes his fruit to sell: Las Cruces, Deming and certain places in Arizona that he jealously keeps secret, guarding their locations from other, more nefarious fruit merchants that try to move in on his contracts. He did speak about his experiences in southwest New Mexico though, saying, "We go down to Deming and half of the population of northern Mexico comes over and they are crazy about peaches, I mean NUTS! They do, they really like them and it's a privilege to (he thinks for a second)-one of the reasons that we put this place in was to grow outstanding fruit and sell it at a price that most people can afford. When we go down to Deming, it's a lot less than what we get in Arizona and that was our whole idea: A lot of people need the fruit, can't afford it, we bring the price down where

they can.

He spoke of the indigenous, non-Spanish speaking peoples of northern Mexico, who bring up change, line it up on the table and then place an apple on the table along the line of change to show what each one is worth. He chuckles and says

"When we get done we have a big 'ol bag full of change and I always give 'em a couple of extra apples and it just tickles them to death."

He also talked about when, in years when he has an especially large crop, he will take apples to the abandoned children's shelter in Deming, where they freeze them and make apple pie for the kids that need emergency services after being abandoned in Deming, which happens on a regular basis.

"I'm just rambling on, but that's what we do out here, is try to raise a very high quality apple and they are, boy whenever we get a good crop, you're lookin' at a lot of money!"

He then took me on a tour of part of his

orchard, showed me some aphid activity on some of his peach trees, his new irrigation system that had to be installed after the floods following the Silver Fire and several of the old trees that he brought back from stumps. He also pointed out the beneficial shade properties of apricot trees and recommended them to anyone who wanted to increase the amount of shade in their yard.

He encourages anybody who wants to grow apples to contact the University of New Mexico to get the information to do it right, because in order to raise a quality apple, they will need help. Visiting Velarde and Los Lunas is a must for anyone serious about fruit tree growing in southwestern New Mexico. I look forward to returning in the fall to talk apples with John York and to sample some of those Wine Saps.

