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## **JOHN'S CORNER:**

### **NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS**

*by John Ferguson*

Numerous reports from all over the world have shown a tremendous decline in pollinators from bees, wasps, and flies to butterflies and moths. Not only are these insects essential to pollinate our crops, they are also food for our beloved birds. One of the causes of this decline is the Bt toxin that has been genetically engineered into many plants (GMO's). For example, as bees visit GMO corn, they pick up this toxic pollen and take it back to the hive where it contaminates the hive, contributing to colony collapse disorder.

A report in the journal HortScience (2005) by the USDA on blueberries found that mycorrhizal fungi did a better job of colonizing their roots when organic fertilizers were used as compared to artificial fertilizers.

A problem I frequently see is overwatering of plants by gardeners. Over watering causes many gardening problems. Overwatering increases insect problems as many insects and their larva thrive in moist conditions. For example, fungus gnats love the warm humid environment caused by overwatering. Diseases like Fusarium, Phytophthora, Cylindrocarpon , etc . thrive when plants are over watered. Foliage diseases like rusts and Botrytis also are more common. Other items caused by excess watering include chlorosis and poor root development.



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Researchers at Cornell University, according to results from a 12-year study, found that organic practices increase the long-term health of soils (December 2019).

Over the last couple years, there have been multiple studies that have found multigenerational effects of nutrition. These were published in several journals such as the European Journal of Human Nutrition, Journal of Federation of American Societies for Experimental Biology, Nature Communications, BioEssays, etc. over the last few years.

Basically, if your grandfather has a healthy nutrient rich diet, the benefits are passed on to his descendants and conversely a poor diet passes on health problems.

These studies add to the evidence that environment plays a large part in our health that are referred to as epigenetic changes.

We really do not understand nature. If you owned a large tract of land and wanted to grow wildflowers, stop erosion, bring back wildlife like beavers...What would you do?

[The short 2-minute video](#) illustrates the importance of predators to keep some animal populations in check (think deer!), so they do not destroy the environment.

With more and more families growing their own victory gardens this year, I was asked the other day "Where can I get seeds that are not GMO or hybrid and that are nutrient dense with better flavor." The easiest way is to purchase heirloom seeds or transplants. Heirloom seeds are defined as those that have existed for at least 50 years and before World War II.



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These seeds are handed down generation to generation and come from open pollination. One of the benefits of heirloom seeds is that they taste better. For example, the Brandywine tomato has won many taste tests as the best flavored of all the hundreds of varieties.

Heirloom varieties tend to have higher nutrient densities and more beneficial chemicals like flavonoids that are good for our immune systems. They also ripen over a longer period of time allowing a longer window of harvesting.

Once one grows heirloom vegetable varieties you can just save some seeds for next year.

Baker Creek Heirloom Seeds specializes in the older better tasting and nutrient dense seeds. [www.rareseeds.com](http://www.rareseeds.com)

Note: Even butterflies and hummingbirds prefer heirloom flowers as they have higher quality pollen and nectar.

**We** have talked about the harm glyphosate herbicides like Round Up does to the soil, the environment and our health on numerous occasions. Eating foods with glyphosate on them prevents the body from absorbing critical elements like selenium, zinc and magnesium that our body must have to fight off disease especially viruses. It also causes other health issues. The link below mentions some of them.

### **Glyphosate Overuse Leads to Serious Immune System Concerns**

[www.sustainablepulse.com](http://www.sustainablepulse.com)

At least 6 major studies have now shown that having adequate vitamin-D levels are essential in protecting oneself from Covid-19 but the media refuses to report on them. As a result, many doctors are speaking out and presenting different information than what the government is putting out. Alternate data and a different point of view on Corona viruses can be found at: [www.articles.mercola.com](http://www.articles.mercola.com)