

To: Friends of Old Apples
From: Tom Brown

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Apple Search---2017

Some of the apples found during the past year include: Asher, Candy Cheese, Downs, Early Harvest (large to very lg., light yellow), Evans Pippin, Hacker, Linkard, Pa Pa Ray (seedling), Red Horse (very flat), Ridge Pippin, and Strougen. These were mainly found by going into three areas and simply asking people what apples they remember. This year I would like to tell you about positive health discoveries I made while searching for old apples; discoveries which significantly improved my quality of life.

Honey & Vinegar---It was a hot late July day in eastern Tennessee, where I had an apple exhibit at the 2012 Grainger County Tomato Festival, a festival which celebrates the extensive commercial tomato growing in that area. I had originally gone to Grainger County to try to find the Joshaway and Pig Nose apples. Often I will go to a festival in a targeted area to use the encounters to find a specific apple. It was a productive festival where several people brought apples for me to examine, others were interested in trees and, best of all, people told me of locations of the following apples: Pig Nose, Sour Jon, Morgan, Spitzenburg, Tennessee Greening, August Beauty, Brown, and Big Andy. Three people had questions about apple grafting, questions which brought back memories of my painful grafting session that year. For the last several years there had been constant discomfort in my hands, especially in my right hand due to arthritis and also some stiffness. The discomfort went to outright significant pain when I grafted apple trees due to the intense forceful hand actions required to complete a month of late winter grafting. In fact the pain was enough that I could see my grafting days coming to a near-future end. My doctor commented: "Nothing can be done to help you; it is something you must live with".

Beside me at the Tomato Festival were two people who represented the Knox County Beekeepers. The conversation lead to the health benefits of honey. They told me about a man in their community who had bad arthritis pain and it went away after taking honey and apple cider vinegar---one tablespoon of each in a cup of water, then heating slightly to get the honey into solution. When I got back home I decided to try the honey and vinegar since I knew of no other alternative. So without fail, I took the honey and vinegar every morning. The weeks went by with no noticeable change; then after three months it dawned on me that the pain in my hand was completely gone. Now four and a half years have passed and the pain has not returned and there is almost no detectable stiffness. [Later I looked at my notes from the Tomato Festival and I had missed one feature. The Knox County Beekeepers had suggested that I take the raw honey & vinegar twice a day, not once a day as I was currently doing.]

Amazing Honey---I have often heard people say, "Buy local honey as it might help with allergies." But I found a better source. At the Letcher County Mountain Heritage Festival (KY) I met Carl Church who is a beekeeper and knows of some local apples, including the Red Hill which he helped me find. He is a congenial logger who has three or four bee hives. He lives in a rural mountainous area, near the end of a long dead-end road. There are no agriculture operations in the area and thus there is no pesticide spraying. For the last four years I have been fortunate enough to purchase honey from Carl. I am delighted by the diversity of Carl's honey---early predominantly locust and poplar honey, local flower honey in the summer, and finally very late Almond Olive honey. I use about ten quarts of honey a year for my honey and vinegar, knowing that it is the very best honey in the world, supplied by a great friend.

Gin Soaked Golden Raisins---While searching for apples, people told me that I should go see Richard Day who lives south of Whitesburg, KY on the banks of the Cowan Creek. Richard now has over 70 apple trees, most of them heritage varieties he personally found at local old home sites and orchards. When I first arrived at his home, I was very impressed by the massive stone work in the home, all which was done by Richard himself. On my first visit, Richard showed me his trees and then we ended up at the kitchen table talking about his apple discoveries. Eventually the conversation turned to the cloth-covered bowl in the center of the table. Richard lifted the cloth and showed me the California Golden Raisins soaked in Gin. He takes nine raisins a day and said that this had greatly reduced the pain in his

arthritic hands. I knew of the Gin soaked raisins from listening to the People's Pharmacy on National Public Radio, but Richard was the first person I had met who was actually taking the raisins. Any benefits could come from the Sulphur treatment of the raisins and the Juniper berries used to make Gin.

Benefits to Others---Earlier I had suggested that my wife take the honey and vinegar for her various aches and pains and she thought it had some benefit. Since she still had some pain I also got her to add the gin soaked raisins. After three or four months my wife (Merrikay) said "I want to stop taking the raisins, they are not really helping me." Then five weeks passed, Merrikay said, "I have experienced more pain and want to take the raisins again." [Note: If a raisin is small it should count as half a raisin. Also we store our raisins in the refrigerator in a covered container after the four to five days soaking.]

My good friend, Gary Owen, is a renowned farmer who grows outstanding tomatoes for sale at local farmer's markets. The tomatoes are grown in soil that Gary painstakingly enriched over many years. More than once Gary has commented that his activities might be limited in the future due to arthritis in his hand, resulting in pain and stiffness. I made an "Arthritis Rescue Kit" for Gary, consisting of a month's supply of gin soaked raisins, Bragg apple cider vinegar and a half quart of honey. Since his arthritis was worse than mine I suggested he take the honey and vinegar twice a day. I also suggested he take the honey/vinegar and gin soaked raisins until Christmas (3.5 months), continuing taking both without fail even if he saw no initial benefit. After Christmas, I called Gary and asked if he had seen any benefit. He said that his hand pain was greatly reduced. Yeah! Good to know that a friend was helped.

The honey & vinegar and gin soaked raisins will not work for everyone. If it did it would now be a widely-accepted standard medical procedure. But these "home cures" did help five people. The honey could be a problem for people with diabetes. [You should do research before taking anything new.]

Warts-Be-Gone---Bobby Caudle of Letcher County told me that as a teen he and Clyde Pitts went to the home of Benny Breeding to see if something could be done about Clyde's warts. Benny took a red apple, cut it in half, and cut it again. He then rubbed it over the warts and took the apple outside. When Benny returned, he told them to forget the warts, "They will be gone in two weeks." They did disappear.

Where is Harvey Now?---In July 2015 our childhood home near Statesville burned completely. We were greatly saddened by the loss (home was still owned by my brother, David.). We wondered what happened to Harvey, the spirit being who lived in the home. Harvey was first encountered when my brother was in Vietnam and his wife and our cousin were using the Ouija board on the front porch. They received a message from "Harvey" who said he did not approve of the person Dinah was dating and would cause him to have an accident unless she stopped dating him. She stopped dating the man and quickly met a great guy, Kent. Dinah's Mother remembers her being very afraid after the encounter.

Later my brother was living in California and a renter moved out of the home. David came back and spent time there in the summer doing repairs for the next renter. At the house he heard footsteps and once saw a shadowy form move through three connected rooms. His next renter was a high school classmate. David told me, "Please never mention ghosts, I don't want them to move out and have to find new renters". My brother then returned to North Carolina for Christmas a year and a half later. On the last day of his trip, I went with David to check on the old home place. David went upstairs with the husband to inspect some stored items and I was left in the den with the wife. With no mention of a ghost from us, she said, "We had lived here two months when we realized that a ghost was in the house. We heard footsteps, lights would come on, and once when we were sitting in the den, the window curtains were lifted off their hangers and thrown a third-way across the room (there was no wind blowing them)." This incident caused me to take Harvey more seriously. Two later renters were also convinced that there was a "ghost" in the house, especially appearing to the children of the last renter.

Lost Friends---This newsletter is dedicated to the friendly turtle mentioned in my 2015 newsletter and a yellow lizard who has occupied our front wooden steps for the last three years. Their lives were cut short by accidents. They were small creatures who brought joy into my life and a smile to my face.

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Honey & Vinegar

1. Use raw honey. For the vinegar, I use Bragg organic apple cider vinegar. One tablespoon of each in a cup of water.
2. After you add water to the honey and vinegar, heat just enough to get the honey into solution. Over-heating might lessen the helpful properties of the honey.
3. The main thing about taking the honey and vinegar is getting use to the taste. But knowing of the potential benefit helps with the consumption.
4. Take the honey & vinegar once a day for mild cases of arthritis, twice a day for more severe cases.

Gin Soaked California Golden Raisins

1. 375 ml of Gin is the amount to add to a box of raisins; for the raisins use California Golden Raisins.
2. Be sure to use Gin that was made from Juniper berries, most are, but reportedly there is some "gin" that is just made from flavorings.
3. While soaking for four or five days, I stir twice a day.
4. During the soaking I leave the bowl uncovered. I put the bowl during soaking in a paper grocery bag with the open end against a wall or surface, but not touching. This allows anything that evaporates to be released, but minimizes dust and other things landing in the raisin mix.
5. After soaking, when the raisins have absorbed all they will, store in a covered container in the refrigerator.
6. Take nine of the soaked raisins a day, if they are small then they should be counted as half a raisin.
7. Each time I take the bowl of soaked raisins out of the refrigerator for use, I stir up the contents.

Have Patience---Benefits from taking the honey/vinegar & gin soaked raisins do not happen quickly, consistently take at least three months before making a judgement if it helped you or not. Note: The honey could be a problem for people with diabetes. If these "home cures" help everyone, then they would be a standard medical procedure; do some research before starting taking anything new.

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