

# The First 30 Years of Natural Life Magazine

## People In Natural Life

People are what have made Natural Life successful – those behind the scenes, our loyal subscribers (some of whom have been with us since the very first issue in 1976!), our advertisers and those whose photos and words have appeared in our pages over the years.



Natural Life has been part of many memorable events, large and small. Here is a photo of our coverage of the Mariposa Folk Festival in 1976.



British Columbian Eve Smith, who died in 1988, was a passionate environmentalist, peace activist, naturalist, lobbyist and letter writer. An original Natural Life subscriber and booster, in this photo, she promotes the March, 1980 issue at an event.



Our November, 1995 issue featured a cover interview with environmentalist, author and broadcaster Dr. David Suzuki.



Humanitarian, conservationist and chimpanzee expert Dr. Jane Goodall was featured in a cover story in 2003.



In a 2004 article called Trashy Fashion, a model wears a dress made from recycled tires.



Above, Astrid Lindgren, author of the Pippi Longstocking books, was given the 1994 Right Livelihood Award for her work on non-violence and her love of nature.



The bluegrass trio above left illustrated an article about home-grown music in the early 1990s.

Above right is the Hot Buttered Rum String Band posing in front of their bio-gas bus fueled by recycled vegetable oil for an article in 2004.



The Raging Grannies sang their humorous protest songs for a cover photo in 1997.



In 1976, Dr. Stuart Hill described how he was starting the Ecological Agriculture Project at McGill University's MacDonald College to study sustainable agriculture methods.



The Timber Framing Book was published in 1977 and author Stewart Elliott, seen here removing decay from an old beam, contributed his expertise to Natural Life.



Above, transportation activist Tooker Gomberg in Japan from where he and his wife Angela Bischoff wrote articles for Natural Life. Tooker died tragically in 2004.



Above, Natural Life Publisher Rolf Priesnitz sets up a worm composter before the Natural Life Festival in 1998.



# “Growing” column

Susan Hamilton  
1977

Often, what you are planting has an interesting history as well as great nutritive potential.

## Carrots

The orange carrots that are so popular today were developed in Holland in the 17th century. They were mutants of the yellow carrot, which was popular in Europe for hundreds of years previously.

These yellow carrots were mutants of the original cultivated carrots, which were magenta. The magenta carrots came from Afghanistan around the sixth century. The yellow and magenta varieties fell from favor with the Europeans because they had unappetizing colors when cooked.

Over the centuries, we have learned to pickle, can, freeze, dry and root cellar the valuable crop. Now here is one way to grow it.

Soil that provides good drainage, is free from as many stones and pebbles as possible, and that has been dug to a depth of nine inches and fertilized with organic materials in the fall, is ideal. If you put nitrogen or manure on the carrot patch in the spring, your carrots will be tough-skinned and the roots branched. Your fingers can be used to make drills a quarter-inch deep for the seeds, one-and-a-half inches apart, and the rows should be from 12 to 24 inches apart, depending on the type of carrot you grow (some are giants) and the size of your garden. When they reach three inches in height, the children will love thinning them to three inches apart. If you plant some radishes in with the carrots, they'll germinate faster and give you guides as to where your row is.

When fall harvest comes, we dry some of those beautiful green tops, hang them in bunches and later crumble them into soups and stews. Carrot tops and powdered kelp make interesting seasoning combinations.

To root cellar, we use old bushel baskets and peat moss and layer the unwashed roots, always keeping peat moss between each one. If this is kept damp, not too moist, you'll have lovely carrots into Spring. We have used washed sand and some people use good garden loam, but we found for our purposes peat moss was superior.

Grated, unwashed, raw carrots, applied as a compress to aching muscles and left overnight, have worked wonders for our family after too much gardening. Mother Nature is always amazing!



## 20 Carrot Pep-Up

Frances  
Sheridan  
Goulart



1977

- 2 medium carrots, scraped and sliced
- 1-1/2 cups orange juice
- 1 apple, cored and cut in eighths
- 2 tbsp honey
- 1 tsp cinnamon

Place all ingredients in blender container. Blend until smooth. Serve chilled with a carrot swizzle stick, if desired. About 135 calories per cup serving. Makes 3 cups.

