



# FARMERS MARKET COMMITTEE REGULAR MEETING

City of Dripping Springs

DSRP - Ranch House 1042 Event Center Dr, Dripping Springs, TX

Thursday, May 26, 2022 at 10:00 AM

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## MINUTES

### CALL TO ORDER AND ROLL CALL

#### Committee Members

Gouri Johannsen, Chair  
Marianne Simmons, Vice Chair  
Teresa Strube, Secretary  
Nikki Dahlin  
Erika Fritz  
Claudia Oney  
Janet Musgrove

#### Staff, Consultants & Appointed/Elected Officials

Farmers Market Manager Charlie Reed  
Farmers Market Specialist Johnna Krantz

#### Visitors

Council member Sherrie Parks

Gouri called meeting to order at 10:04

Erika attended by phone.

### OTHER BUSINESS

1. **Review and consider for approval Vendor Application from 3D Fabrication by owner Nicholas Montsalvatge-Kennedy.**

Vendor will drop items from app to come into compliance and provide new nursery license, as well as re-categorize vendor type. Marianne moved to approve app pending receipt of changes above, and must be provided by June 10; Claudia seconded; VOTE: unanimous, 7-0.

2. **Review and consider for approval Vendor Application from GoGo Goodness by owner Dorrie Retivov.**

Marianne moved to approve GoGo Goodness after clarification of salad dressing label and pH log; Gouri seconded; VOTE: unanimous 7-0.

**3. Review and consider for approval Vendor Application from La Marmellata by owner Marina Bloomfield.**

Marianne moved to approve La Marmellata, pending provision of address on product label or a waiver from the government. Vendor will inform of progress. Nikki seconded; VOTE: unanimous, 7-0.

**4. Review and consider for approval Vendor Application from Lakeway Botanicals by owner Lisa Mahfouz-Morris.**

Marianne moved to approve pending clarification of the following. Need copy of hemp license. Need clarification on who makes the formulas. Need clarification of exclusivity of product, as well as verification from lab that they are indeed making that product. Janet seconded; VOTE: unanimous, 7-0.

**5. Review and consider for approval Vendor Application from Oli Tea Company by owner Lisa Forsyth.**

Owner sent introductory letter. Lisa needs to send a copy of her facility permit. Marianne moved to approve pending the above; Nikki seconded; VOTE: unanimous, 7-0.

**6. Review and consider for approval Vendor Application from Rock'n Food, LLC by owner Karine Meunier.**

Marianne moved to approve Rock'n Food, pending receipt of CPF Central Prep Facility for their kitchen; Nikki seconded; VOTE: unanimous, 7-0.

**7. Review and consider for approval Vendor Application from Space Cow Bakery by owner Carly Bloomfield.**

Marianne moved to approve Application from Space Cow Bakery; Nikki seconded; VOTE: unanimous, 7-0.

**8. Review and consider for approval Vendor Application from Spartan Gutter Guards by owner Deidre Rojas.**

Marianne moved to deny this Application; Janet seconded; VOTE: unanimous, 7-0.

**9. Review and consider for approval Vendor Application from La Salumeria by owner C.J. Harris.**

Marianne moved to approve Application upon receipt of copies of Vendor's Food Handler License and/or Food Manager's License; Janet seconded; VOTE: unanimous, 7-0.

**10. Review and consider for approval Vendor Application from Maidenhair Herbs by owner Jessica Skeans.**

Vendor's App will be reconsidered after receipt of Food Handler License, as well as information about their CBD products and the lab(s) that produce them. Tabled.

**INTRODUCTION TO HOMEOPATHY**

Homeo (=similar) + pathy (=suffering) = cure by similars

Homeopathy is not the same as

- Herbology (although it does use some plants);
- Acupuncture (although it does use Energy); or
- Naturopathy (although it is included as a naturopathic modality).

Also, it's not the same as

Tissue Salts (=cell salts =Schuessler salts), though there is a relationship there, and we will discuss more of that later.

Flower Essences and Essential Oils -- which are interesting modalities that have some intersection with Homeopathy

Empiricism -- knowledge gained through sensory experience.

**ADVANTAGES of Homeopathy vs Allopathy**

- Gentleness - safe for pregnant women, infants, seniors
- Ease of administration -- babies, pets, even in unconscious states
- Quick action in acute cases ; Deep action in chronic cases

Sustainability --non-polluting production

Use very little substance

No expiration date

Expense

- the rise of antibiotic resistance
- a sense of power and possibility,
- vs. the powerlessness that occurs in dr/pt r-ship

Beauty of seeing Nature and its relationships --

- Remedy relationships
- the whole is more *and different than* the sum of the parts

Insight which comes from seeing/thinking in terms of

Energy (E=mc<sup>2</sup>)

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**HISTORY OF HOMEOPATHY**

Paracelsus - father of chemistry, founder of medicinal chemistry, founder of modern toxicology. ~1500

Samuel Hahnemann -- 1755-1843 --"father of homeopathy" -- *The Organon of Healing*  
German physician and Translator of medical texts

The Story of cinchona (= "china" = quinine = Peruvian bark)

Hahnemann's method -- Proving (from German "prüfung" -- test, demonstration) (vs. poisoning)

Hahnemann's concept of Health

the "Vital Force" -- motivates the physical body

"Higher purpose of existence"

Symptoms as the symbolic language of the spirit

Dis-ease as a recurrent pattern, a "stuck" record

inability to live in the moment, adapt to the dynamic

Initiators of disease: injury, bacteria, viruses -- these are not the disease

Disease is the mistunement of the organism, being maintained by the individual

-- H doesn't work to kill the bacteria or virus, but

addresses the

mistunement of the individual's response

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## LEVELS OF PRACTICE

(1) Acute interventions -- this is mostly what we will be talking about in this course.

(a) Accidents -injuries, strains, burns, etc

(b) epidemics

prophylaxis -- compare to vaccinations

Genus Epidemicus (GE) -- vs Acute uprisings of underlying

chronic disharmony

(2) Chronic -- underlying disharmony --

Deeper healing.

More suited to professional homeopathic prescribing.

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## THE TWO PRIMARY PRINCIPLES OF HOMEOPATHY:

(1) **Like cures like** -- (law of similars) -- a substance that causes a particular symptom pattern can cure a disease with that pattern.

Example: Arnica -- causes bruising and soreness when taken grossly. In its energetic form, it cures bruising and soreness.

Concept of Resonance

(2) **Minimum dose** -- including potentization as well as minimal administration.

Concept of Dynamization

Example: Belladonna -- very toxic in gross form, becomes gentle and effective in potency.

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**POTENCY** -- how remedies are made:

From plants, animals, minerals;

also disease material = Nosodes;

healthy tissue = Sarcodes

Imponderables = energetic emanations

- (1) Scales of potency
    - X (Decimal) scale -- 1/10
    - C (Centesimal) scale -- 1/100
    - M (Millesimal) scale -- 1/1000
    - LM (Q) scale -- 50,000
  - combination remedies (polypharmacy) - Hylands
  - (2) Dilution + Succussion (friction)
    - slow and steady release of sub-molecular energy
    - might be compared to step by step splitting of atom.
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### **PRIMARY BOOKS**

- (1) Repertories -- lists of symptoms with remedies that apply = rubrics
- (2) Materia Medica -- readings on remedies with their symptoms.

Remedy's "Genius"

Remedy's "Keynotes"

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### **Hierarchy in symptoms**

- (1) Etiology (and/or NBWS)
  - (2) Generals
    - including Sensations
    - Modalities
  - (3) SRP - "strange, rare, peculiar"
  - (4) Tissue affinities
- of less importance:
- Particulars
  - diagnostic labels
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### **POSSIBLE REACTIONS TO REMEDIES**

- (1) Suppression
  - (2) Palliation
  - (3) Cure (or moving toward Cure)
- Hering's Rules of Direction of Cure :
- Center to periphery
  - inside to outside
  - top to bottom
  - more important to less important organs
  - in reverse order of appearance of signs
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### **FURTHER READING:**

[hpathy.com](http://hpathy.com) books online

[http://www.homeopathyhome.com/reference/books\\_online.shtml](http://www.homeopathyhome.com/reference/books_online.shtml)

Easy to read books about homeopathy -

<http://www.drdooley.net/Book.pdf> -- Dooley's Beyond Flat Earth Medicine -- can be downloaded

Lansky, Amy -- Impossible Cure

Ullman, Dana -- several books

    Everybody's Guide to Homeopathic Medicines

    Homeopathic Medicine for Children and Infants

    The Homeopathic Revolution: Famous People

Vithoulkas -- more "science" approach to explanation

*How-to's* (cookbooks, good starting places) :

Panos -- Homeopathic Medicine at Home

Castro, Miranda -- The Complete Homeopathy Handbook

Veterinary: Pitcairn, Richard -- Complete Guide to Natural Health for Dogs and Cats

    Hamilton, Don -- Small Doses for Small Animals

National Center for Homeopathy -- \$75 annual membership - includes quarterly magazine.

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Remedy resources:

    Boiron

    Washington Homeopathics - kits available from Amazon

    Helios - from England - 35 remedy kit for \$70

    Hahneman Labs -- California

    Natural Health Supply -- New Mexico -50 remedies for 129.

    Amazon

- 11. Review and consider for approval vendor application from Mazi Bakery by owner Sophia Akis.**

Marianne moved to approve App for Mazi Bakery; Nikki seconded; VOTE: unanimous, 7-0.

**MINUTES**

- 12. Approval of the April 21, 2022, Farmers Market Committee regular meeting minutes.**  
*Committee Secretary Teresa Strube*

Marianne moved to approve; Claudia seconded; VOTE: unanimous, 7-0.

## **REPORTS**

- 13. Farmers Market April 2022 Budget Report**

Discussed numbers.

- 14. Farmers Market Manager's April-May 2022 Report**

Discussed numbers.

## **MARKET VENUE**

- 15. Discuss and consider approval of a recommendation regarding amendments to the Farmers Market Rules.**

Tabled

- 16. Discussion regarding collaboration with Pumpkin Fest and impact on the Farmers Market.**

Tabled

## **SPONSORSHIPS AND GRANTS SUBCOMMITTEE**

- 17. Discuss and consider possible action regarding market expansion, sponsorships, and Marketing & Sponsorship Subcommittee needs.**

Tabled.

## **EXECUTIVE SESSION**

*The Farmers Market Association Board for the City of Dripping Springs has the right to adjourn into executive session at any time during the course of this meeting to discuss any matter as authorized by Texas Government Code Sections 551.071 (Consultation with Attorney), 551.072 (Deliberations about Real Property), 551.073 (Deliberations about Gifts and Donations), 551.074 (Personnel Matters), 551.076 (Deliberations about Security Devices), and 551.086 (Economic Development). The Farmers Market Association Board for the City of Drippings Springs may act upon any item listed in Executive Session in Open Session or move any item from Executive Session to Open Session for action.*

## **UPCOMING MEETINGS**

**Farmers Market Committee Meetings**

June 16, 2022, at 10:00 a.m.

July 21, 2022, at 10:00 a.m.

August 18, 2022, at 10:00 a.m.

**City Council Meetings**

June 7, 2022, at 6:00 p.m.

June 21, 2022, at 600 p.m.

**ADJOURN**

Nikki moved to adjourn at 12:34; Janet seconded; VOTE: unanimous, 7-0.