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A 5-year anniversary. November 15th, 2018, began the lease of the apartment I still reside in. Happily, five years later, it pleases me *more* than my former home—a big stand-alone house on a large lot. The apartment, compared to the house, has nearer bus access; better earthquake protection; less upkeep; better security; less financial cost; free internet service. The downside? Far less space—less for storage or to entertain visitors (though 150 have been here so far).

The foundation of my domicile contentment was laid carefully. First was determined the *location*. It had to be familiar, safe, efficient, and affordable. Seattle's Montlake neighborhood was targeted. Second, I leased the best available, affordable place possible at that time. Third, I moved both gradually and deliberately; planning carefully placement of furniture, shelves, books, plants, and whatnot. It took months. This thoughtful, unhurried, low-stress approach resulted in high efficiency, comfort, and contentment.

Client news. So far this year 42 different clients have hired me. In late 2022 and into 2023, three longtime clients died. Also, I reduced my geographic coverage. Nonetheless there is still such demand that during the growing season I am squeezed tightly for time. Clients appreciate my work, tolerate my foibles, and love my dedication.

Seattle plant tour news. This year I led only 8 public plant tours due mainly to time limits; in past years there were often twice as many. Most are on Sundays from 9:30 to 11:30 or 3:00 to 5:00. Usually at the end, attendees are invited to join me at a nearby place for rest, chatting, a bite to eat and a drink. I used to send out tour e-mail announcements, but now just mention the tours on my website calendar. Better to have a few people who really desire to attend, than sell-out and need to inform people there is no room. In winter, few or no tours are scheduled.

My personal goals. 1) Finish my edible houseplants book begun in 2010. 2) Edit and publish Gary Lockhart's health books. 3) Set a good example of a person who is not *woke*, but rather awakened to what is *really* going on, and how to resist Evil with Good, and speak the truth.

Thanksgiving. I give *thanks* to God for work that I love and that is valued; for family, health, friends, awareness, eloquence, laughter and humor; for joy in food, in plants, and in companionship; and for deep appreciation of beauty.

Money-saving tips. Inflation over 20% means money saving is prudent at least, common sense to most, and crucial to many of us. Here are 11 of my steps.

- Replaced Adobe Photoshop® with Affinity Photo 2™ software. No huge annual fee, just a small one-time fee!
- Shop for wine at Grocery Outlet.
- Use coupons, promo codes, Black Friday sales, *etc.*
- Shop for secondhand clothes and other things at Goodwill, eBay, *etc.*
- Eat out less often—and favor happy hours.
- Make my own kombucha and kimchi rather than buying from stores.
- Shop in bulk when possible.
- Shop around widely, both in Seattle and online.
- Grow and forage some food. Too bad I cannot keep quails.
- Use a laser printer rather than ink-jet.
- Acquire tools and skills to do many things myself.

Continuing new plant discoveries

When new facts are found, updating is due. Below are three examples. In addition, I now and then update my website's 243 (and growing) plant-of-the-month entries.

1) Seattle's Black Hawthorns. It used to be simple: Seattle had many non-native, red-berry hawthorn trees (*Crataegus monogyna*), both planted and naturalized, outnumbering vastly the city's lone native hawthorn species, with black berries. Then it was noted that really Seattle had two native hawthorn trees: the Black Hawthorn (*Crataegus Douglasii*), and Shortspine Black Hawthorn (*Crataegus Suksdorfii*). In time, however, the 2018 *Flora of the Pacific Northwest* said an earlier name for *C. Suksdorfii* was *C. gaylussacia*. But that is not the end of the story. A 2023 scholarly paper (*What is Suksdorf's Hawthorn?*) notes that *C. gaylussacia* is restricted to California's Sonoma and Marin Counties, and not identical to the Pacific Northwest *C. Suksdorfii*. Moreover, the trees identified as *C. Suksdorfii* are of two populations: original *C. Suksdorfii* grows only east of the Cascades, whereas what is native in Seattle has been renamed *C. Rhodamæ-Loveæ*, after Rhoda M. Love (1932–2022).



Last year, I found planted in Seattle a 3rd black-fruited hawthorn species, that I call the Late-ripening Black Hawthorn (its berries ripen way later), whose specific i.d. awaits confirmation. The 1st editions of *Trees of Seattle* (1989) and *Wild Plants of Greater Seattle* (2001) had the old hawthorn information; the 2nd editions (2006 and 2008) had updated details. So today they are not 100% correct: the trees called *C. Suksdorfii* in them are now *C. Rhodamæ-Loveæ*. On a practical level, I desire to find if any of these three black-fruited hawthorn species are superior either ornamentally, or as fruit sources. It may need years of observation to ascertain as much . . .

2) Seattle's Himalaya Blackberries. Like the hawthorn situation above, when I first studied plants in the 1980s, Seattle had one non-native Himalaya Blackberry, then called *Rubus discolor*. And one less common native, *Rubus ursinus*. Over the decades, Himalaya Blackberry was renamed several times. For example, *R. procerus*, *R. bifrons*, and *R. armeniacus*. Last time I checked the latter name is still reigning. But take a walk around town and look closely. You find both the original Himalaya Blackberry (*R. armeniacus*), and the Early Himalaya Blackberry (*R. præcox*). The *armeniacus* prickles are mostly straight, *præcox* mostly curved. Also *præcox* flower petals average a tad bit smaller, and are paler. And *præcox* flower stamens are shorter. It is likely the berries vary, too. For more details and pictures, see my website Plant-of-the-Month July 2020).

3) Seattle's Dawn Redwoods. The Washington Park Arboretum's tallest Dawn Redwood, towering above Rhododendron Glen's shady streambank, was cited as 93 feet tall in my 1989 *Trees of Seattle*, and 107½ in the 2006 2nd edition; now it stands 128¾ feet. Trees tend to increase in height and trunk thickness yearly, and do not live indefinitely.

Tree books. Only 92 copies remain of *Trees of Seattle* 2nd edition. I am unlikely to issue a 3rd edition because my edible houseplants book is still unfinished. But due in mid-April, is Taha Ebrahimi's book *Street Trees of Seattle: An Illustrated Walking Guide*. A 2021 book that I applaud is *A Tree a Day* by Amy-Jane Beer. It is very pleasing, beautiful, inspiring, and priced fairly.

Health matters

My 2023 New Year's Resolution was: get healthier. So I did. Having tried many things toward that goal, only God knows which helped most. Cited below are 15 of them. Not a doctor, I can not suggest you try these. But at least some of these 15 improved *my* health notably. Some began in mid-2022; others started in 2023.

- 1 Carbon 60 (C60).** An expensive supplement. My first batch cost over \$500, the second over \$800.
- 2 Chlorine Dioxide.** Tastes vile. Taken if feeling unwell.
- 3 Cod Liver Oil.** Carlson's lemon-flavor; 1 teaspoon daily.
- 4 Copper, chelated.** 2 mg. daily.
- 5 EDTA.** 600 mg. daily.
- 6 EMF reduction.** Electro-magnetic frequencies (EMF) are harmful. They come from 5G, wi-fi, smart meters, cell phones, electric cars, LED lights, and more. I bought this year various pendants to wear, a pyramid for my living room, and so on. These protect. In 2021, I had bought shielding for in my apartment. Three websites with details.
FTWProject.com LessEMF.com ProtectPro.net
- 7 Fats.** Increased cooking with butter, ghee, duck fat, and lard, in addition to healthy oils such as coconut, olive and avocado. Strong avoidance of Canola, sunflower and such unhealthy oils.
- 8 Fermenting.** I make and consume kimchi and kombucha.

9 Fluoride avoidance. I filter it from drinking water, and even carry a water bottle into restaurants.
See FluorideAlert.org.

10 Nattokinase. 4,000 f.u. daily.

11 Nicotine. 7 mg. transdermal patches used if I will be in close proximity to many individuals some of whom may be infectious. Nicotine is agonist to the nicotinic Acetylcholine Receptors (nAChRs) targeted by the covid spike protein. That is why smokers were less hurt by covid. The isolated nicotine alkaloid is not addictive or harmful except in excessive quantity; it is healthful. Cigarette makers add pyrazine chemosensory agents and over 500 other compounds including arsenic to their products, making them more attractive, addictive and harmful. If you doubt this, read *A study of pyazines in cigarettes and how additives might be used to enhance tobacco addiction* by Hillel R. Alpert *et al.* in *Tobacco Control*, 25(4) 2016.

12 Nitric Oxide booster. Both Cardio Miracle and Infowars MD Nitric Boost.

13 Parasite purging. On a rotating, careful basis I use antiparasitic chlorine dioxide, fenbendazol, hydroxy-chloroquine, and ivermectin.

14 Taurine. 500 mg. daily.

15 Weight lifting. I bought a set of weights to strengthen my arms and shoulders.

There are just as many things I was trying in earlier years, from extra vitamin D³ to acupuncture. Also, there are things taken *rarely*. For example, CBD if sore; melatonin when falling asleep is harder during the full moon. Highlighted above are relatively recent employments. To learn about such things, I rely on health practitioners including these ten:

Bryan **Ardis** (theDrArdisShow.com)

Sam **Bailey** (SupportDrSam.com)

Edward **Group** (GlobalHealing.com)

Andrew **Kaufman** (AndrewKaufmanMD.com)

Peter **McCullough** (TruthForHealth.org)

Lee **Merritt** (DrLeeMerritt.com)

Joseph **Mercola** (Mercola.com)

Ana **Mihalcea** (substack.com/@anamihalceamdphd)

Judy **Mikovits** (theRealDrJudy.com)

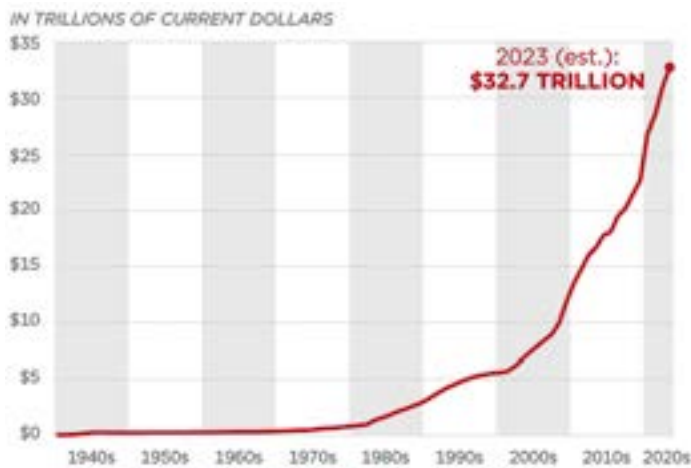
Sherri **Tenpenny** (DrTenpenny.com).

Most truth-telling healers are attacked often, shadow-banned, censored and lied about by establishment institutions and their mainstream media partners. The aggregate message of the above ten doctors (and others like them) is: eat healthy, organic, non-GMO whole foods; exercise enough; sleep adequately; supplement wisely; distrust big pharma; avoid EMF; avoid stress; refuse injections while instead strengthening your natural immune system; enjoy fun with other people; believe in God, the power of positive thinking, hope, love and prayer.

The establishment medical Word is: autoimmune diseases are incurable but can be kept from flaring *via* prescription drugs. An alternative and censored view is that they can often be cured by patients making lifestyle improvements, traditional health remedies such as urotherapy, and eliminating parasites. Much

of the same applies to cancer, too. Getting alternative medical information requires someone to run the gauntlet, as it were, where search engines shadow-ban, censor, and send viewers to lying hit pieces. If you desire a truly uncensored platform, try Brighteon.com. It is so free that it even permits flat-earthers to post content. When two sides offer opposing viewpoints, it can be hard to know which one to believe. It is easiest to defer to the establishment consensus. It is wisest—and may save your life—to maintain an open mind, dig deep, and think critically.

Money. The BRICS+ coalition now includes some 75% of Earth's population. They see the hastening decline of the U.S.A. dollar, which is being printed so profusely (80% of U.S.A. dollars ever printed were so in the last 2 years) that inflation will become hyperinflation, and banks once deemed too big to fail, *will* fail as the value of their holdings evaporates. Smart people withdraw money from mega banks such as Bank of America, and transfer it into credit unions and hard asset commodities such as precious metals, food, shelter, self defense, and the like. It is not just the Federal Reserve debasing the U.S.A. dollar; the European Central bank, Bank of England, and others, are all in a liquidity crisis of epic proportions. The



mere *interest* on the ballooning U.S.A. debt is now over a trillion dollars (\$1,000,000,000,000) yearly. This is *not* a mere academic point; chaos *is* coming.

Climate and weather. Those who study solar cycles know that at least historically, Earth's weather is affected by the sun, mainly. Climate *always* changes over time. Right now we are in a grand solar minimum. Next October's solar system planetary alignment will cause more earthquakes and volcanic eruptions. If you seek truth, rather than scary climate crisis propaganda fueling political ends, find brave scientists who speak out against the mainstream lies. CO₂ plus H₂O and sunshine makes plant food—not poison! Decarbonization is a fraud. Read Gregory Wrightson's books *A very convenient warming* (2023) or *Inconvenient Facts: The science that Al Gore doesn't want you to know* (2017). Visit the websites CERES-Science.com (Center for Environmental Research and Earth Sciences) or CornwallAlliance.org.

Ongoing geo-engineering in our skies causes a host

of bad effects such as extreme weather whiplashes; dying forests; ozone layer destruction; insect and animal dieoffs. Such covert climate engineering is exposed in *The Dimming* documentary. See it at Dane Wigington's climate and weather news website: GeoEngineeringWatch.org. Carbon dioxide is .04% of our atmosphere, but even were it 20%, that would be fine for plant life and humans to flourish. Senator Patty Murry e-mailed asking constituents to tell her their top three concerns for the senate to work on. My response: **1)** stop censorship, **2)** stop election cheating, and **3)** stop geo-engineering the weather.

War. As I write, Russia is winning the Ukraine war; Israel's Gaza Strip war likely will increase to a much larger arena; China threatens Taiwan. If these conflicts increase, instead of peace prevailing, the ramifications are many and *all bad*—except to the arms dealers, Federal Reserve and debt market. The worldwide web will be more prone to cyber attacks and censorship. That is one reason to share what is in this newsletter. Get while the getting is good!

The big picture

Unripe fruit tends to be inferior to fully ripe fruit, the latter more juicy, sweeter and flavorful. In a similar way, truth is better than lies, as light is better than dark. I express fearlessly, plainly and honestly what I observe, think and feel, rather than muzzle myself in an effort to pander to mainstream media preferences. Mega corporate interests, fueled by almost infinite wealth, now control many governments, NGOs and mainstream media. A psychopathic wealthy *few* claim too many humans exist; that our population should be reduced and controlled. To reduce and control us they censor us, scare us, sicken us and poison us. Instead of educating us they lower our IQ and indoctrinate us. They *divide* us, making us fight over race, sexual preferences, socioeconomic status, religion, political parties, and whatnot.

Their methods are bribery, blackmail, limited truth, censorship and outright lies in speeches, Hollywood, and the media. And they meddle in our food, suppress clean energy, create false crises, weaponize the justice system, rig the stock market, stage false flags, push fentanyl, debase the currency, poison our air, rig elections, modify weather for political purposes, flood our border with millions including terrorists, reduce our energy, attack our Bill of Rights, mock religion, corrupt our youth, wage war, foster division, and suchlike. Why? To hurt society, collapse the economy and implement *totalitarian control* including complete surveillance, obligatory central bank digital currency, and a social credit score like that in China.

But good news! Both individuals and groups are *awakening* to these evildoer globalists. We can and must resist the World Economic Forum's Great Reset with our discernment, talent, strength, knowledge and passion. God is real, as is Satan. Most people are naturally *good*, desirous to live and let live; make love not war. Just a tiny percent of us are bad. United, we *can* stop the bad.

Contrarian information websites.

The following ten offer perspectives rarely or not at all allowed on mainstream media sources.

Mike **Adams'** free speech video platform: Brighteon.com

Google™ browser alternative: brave.com

G. Edward **Griffin:** RealityZone.com

Sayer **Ji's** health information: GreenMedInfo.com

Alex **Jones'** free speech news website: InfoWars.com

Gregory **Mannarino's** economic news: TradersChoice.net

Sally Fallon **Morell's** nutrition and diet blog: Nourishing-Traditions.com

Dmitri **Orlov's** American/Russian perspective: ClubOrlov.wordpress.com

Leo Lyon **Zagami:** LeoZagami.com

Holding it together. It is comforting always, often just what you need, and rarely even a necessity to have on hand various things that help *hold* something. Here are 30 examples I possess:

Duct tape (heavy duty)	Chains
Black electric tape	Twist ties
Masking tape	Stretch cords
Scotch™ tape	Elmer's™ Glue
Shipping tape	Gorilla™ glue
Rubber bands	JB Weld™ KwikWeld epoxy
Velcro™	Rockite™
Thread	Paper clips
String	Staples
Twine	Screws
Cord (nylon)	Nails
Rubber tubing	Bolts
Rope	Clamps
Copper wire	Locks
Re-bar wire	Rubber bands

In addition, as needed, I use old nylon stockings, old shoelaces, dental floss, unbent metal coat hangers, old bicycle inner tubes, and old electric cords.

In the same way that nobody can deny owning such products is useful . . . possessing non-material awareness and factual information is also variously useful or vital. This newsletter is dedicated to that premise.

Homemade liqueurs. For about six years I've made home-made liqueurs, wherein berries and herbs are infused in vodka for months, the solids then filtered out, and tasty, healthy drinks result, that recall in flavor brands such as Italy's *Fernet Branca* (29 ingredients) and Germany's *Jägermeister* (56 ingredients). Well, a Labor Day blend I made contains the following 59:

Allspice, Western —leaves
Avens —root
Basil —flowering tops
Bay Laurel —leaves
Bupleurum fruticosum —seeds
Camphor Laurel —leaves
Cardamom, Dwarf —leaves
Cascara —twigs & leaves
Chicory—stems & flowers
Cotoneaster lucidus —berries
Cow Parsnip —ripe seeds
Currant, Black —berries



Curry Plant —stems with leaves

Damson —one ripe plum

Dandelion —root

Fennel —seeds

Feverfew —leaves

Gentiana lutea —leaves

Gentiana tibetica —leaves

Ginger, Japanese —leaves

Ground Ivy —leaves

Hops—seed clusters

Horehound, Water —leaves

Houttuynia cordata —whole plant

Juniper, Puget Sound —twigs

Juniper, Rocky Mt. (Blue Pillar) —twigs

Juniper, Rocky Mt. (Platinum) —twigs

Juniper, Western —twigs

Lemon Balm—twigs and spent flowers

Lettuce, Prickly —leaves

Lindera Benzoin —stems with leaves

Melaleuca alternifolia —stems with leaves

Monarda citriodora —flower cluster

Mustard, Field —flowers & immature seedpods

Mustard, Hedge —flowers & immature seedpods

Myrtle, Oregon —leaves

Pepper, Szechwan —leaves & immature peppers

Pepper, Tasmanian —immature peppers

Pepper, Water —leaves

Peppermint—leaves

Pine, Yunnan —needles

Plantain, Broadleaf —leaves

Plantain, English —leaves

Rosemary —leaves & twigs

Rue —unripe seedpods

Sage —leaves

Sagebrush —flowerbuds

Salal —berries

Sassafras —twigs & leaves

Satureja spicigera —flowering tops

Schefflera bevipedicillata —flowerbuds

Sweet Annie —leaves

Tansy —flowers

Thyme, Caraway —stems & leaves

Thymus leucospermus —flowering tops

Viburnum Lentago —berries

Wintergreen —berries

Wormwood —leaves

Yarrow—leaves & flowers



Leaves were chopped or shredded. It will be ready to savor toward's New Year's Eve. A celebration of Flavor.

Care to **contact me**? Please feel welcome to write, e-mail, or telephone. Texts don't work ; I never even am *aware* if anyone texts me. My website has over 500 articles and essays, over 1,000 photos. No ads nor pop-up windows! Material that doesn't fit in my newsletters may be put into the website's Articles section. Also, worthwhile writing from old newsletters gets archived there.

About this **newsletter**. I've issued newsletters for nearly 30 years. Readers choose paper or e-mail. This is the website PDF version; the print and e-mail versions are a bit different. *Thanks* to my family, friends, fans, clients, neighbors, associates, and readers—thank-you! I have been, am, and expect to remain, very fortunate. ☺