



SEEDLINGS

Sophia Garden and Learning Center



Volume 7, Issue 7

August 13-26, 2007

Event Calendar

Harvest 4pm	Aug 15
Harvest 7am	Aug 16
Harvest 4 pm	Aug 19
Harvest 7 am	Aug 20
Autumn Equinox 2 pm	Aug 23
Potluck 6 pm	Aug 29
Next workday	Sep 15

What's coming up in the Garden...

- Potatoes, peppers, beets, scallions, eggplant, squash, chard and 17 varieties of tomatoes. Tell us your faves!
- Coming up later in August: more carrots
- All items subject to change dependent on the weather, the bugs and Mother Nature!

GARDEN NEWS

Punch in

Please remember to check off your name on the big calendar on the shed when you come to harvest. This will assist Julie when she makes follow-up calls. Attendance has been good and your fellow members thank you! Please arrive before 9 am for Monday and Thursday morning harvest or you may find nothing left to pick.

Little Red Wagons

The little red wagons you see at pick-up are more than just iconic toys. They are meant to help you get your veggies to the car. Load one up at the tent and pull it to the parking lot. Unload and leave it empty on the grass. If you see a red wagon near the parking lot, please bring it back to the tent for the next person to use!

Autumn Equinox

We acknowledge the seasons and the cycles of life at Sophia Garden through our Equinox celebrations. You may not be ready to hear the word "autumn" yet, but please mark your calendars for the Autumn Equinox celebrations on Sunday, September 23 at 2



pm. Potluck

Bring your favorite dish to share at our Potluck on August 29 at the Garden. This is a beautiful event with tasty treats, many based on our local, seasonal produce. It's a wonderful way to celebrate our bountiful harvest.

Cancellations

No bean harvest Friday, Aug 18
The August cooking class has been cancelled.

And...

There will be no harvesting on Sunday, Sept 2 or Monday, Sept 3 because of the Labor Day holiday. So we need more hands harvesting on Tuesday, Sept 4 at 7 am.

SUGGESTION BOX

Do you have suggestions for improvements to the way things are done at Sophia Garden? Communicate your ideas through our suggestion box. Use this space and drop it off on the shelf in the shed.



**SOPHIA GARDEN
AND LEARNING
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<http://members.aol.com/sophiagardens/home>

*Towards an
interconnected
community of life*

THE DIRT ON: GETTING THE DIRT OUT

Just because our Sophia Garden veggies are organic, doesn't mean they don't need a good wash before we stick them in our mouths!

There are several good reasons for washing your fruits and vegetables before using. A sublime salad experience can go wrong when the eater gets a mouthful of dirt. No sand with *my* spinach, thank you!

Also, all dirt, organic or not, carries bacteria that you also don't want in your mouth. While harvesters do clean up your vegetables prior to pick up, you'll want to wash them again at home. Here are a few tips.

For leafy greens (lettuce, spinach, kale, etc. including so-called pre-washed, say experts) you can rub both sides of each leaf with a steady stream of water; or separate leaves and swish around a sink full of water. If you do use the sink method, pull the leaves out before draining or you may get dirt and bacteria back on them. You can also rinse in a salad spinner, tossing under a steady stream of wa-

ter, then spinning.

For other fruits (except berries) and vegetables use scrub brushes—soft for tender-skinned produce like summer squash and firm for tough-skinned fruits like melons and apples.

To prevent rot, berries shouldn't be washed until you are ready to use them. Rinse in a colander or strainer under a gentle flow of water.

Do wash hard-rinded fruit, even if you don't eat the rind. Bacteria can build up on the rinds and get into the edible part when you cut or peel them.

Don't use soap; the residue can be bad for the tummy!

When the fruits or vegetables from the supermarket are waxed, forget getting the wax off, just peel them.

For more info: <http://whfoods.org>

We're reading: *What To Eat* by Marion Nestle. An aisle by aisle supermarket tour that helps you avoid being sucked into food industry marketing ploys and buy right for your health. Nestle is a renowned nutritionist consumer advocate.

RECIPE FOR A BETTER PLANET

Summer tomatoes make the best summer pasta sauces. The following are tips on preparing fresh tomatoes for sauce come from Italian cooking doyenne Marcella Hazan's Essentials of Classic Italian Cooking.

Blanch for a more rustic consistency; mill for smoothness.

"The blanching method—Plunge the tomatoes in boiling water for a minute or less. Drain them and, as soon as they are cool enough to handle, skin them, and cut them up in small pieces.

"The food mill method— Wash the tomatoes in cold water, cut them lengthwise in half, and put them in a covered saucepan. Turn on the heat to medium and cook for 10 minutes. Set a food mill fitted with the disk with the largest holes over a bowl. Transfer the tomatoes with any of their juices to the mill and purée."

And this simple ultra-sweet sauce, also from Signora Hazan:

2 pounds fresh ripe tomatoes prepared as above.

1 medium onion, peeled and cut in half

5 tbsp butter

Salt

Freshly grated parmigiano reggiano for the table.

Put tomatoes, onion, butter and salt in a saucepan and simmer slow and steady uncovered for 45 minutes or until fat floats free from tomato.

Mash tomato bits with wooden spoon, correct for salt and discard onion.

Serve over 1-1.5 lbs pasta

Join the Party! Workday

**Our next work-
day will be:
September 15
10 am—2 pm
Please come,
bring the family
and a snack.
Gloves recom-
mended. See you
then!**