



SEEDLINGS

Sophia Garden and Learning Center



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Sept 24–Oct 7, 2007

Our Autumn Equinox on September 23 was a beautiful event in which we honored the loved ones who were memorialized during the year, the children sang a song of creation and the universe and we welcomed the new babies to the Garden in a Native American ceremony. The sun smiled on our activities and the babies didn't cry! Part of the ceremony was for members to write – on paper hearts– the gifts they wanted to give these newcomers.

Their sentiments were too lovely to keep to ourselves; we decided to extend the gift to all. To the right

What's coming up in the Garden...

- Potatoes, peppers, beets, scallions, egg-plant, chard and tomatoes. Tell us your faves!
- Coming up soon: soy-beans, leeks and onions
- All items subject to change dependent on the weather, the bugs and Mother Nature!

OUR CUP OVERFLOWS



Clean Air, Clean Water, Healthy Food
 Nature
 Wisdom
 Good Health
 Peace
 Love
 Healthy Universe
 An Exciting and Rewarding Life
 At Least One Good Laugh Each Day
 Hope, Love, Belief in Miracles
 Patience
 Friendship
 Faith
 Laughter

Love of God
 Compassion & Empathy
 Happiness
 Resilience and Peace
 Happy Birthday!
 Joyful Expression
 Abundance
 Family
 To Grow Big and Strong
 Many Friendships
 Joy
 Imagination
 Contentment
 True Love and a Happy Heart
 Health and a Long Life



SUGGESTION BOX

NOFA asks us to keep a suggestion box and to encourage its use. This is your Garden—Let us know your feelings on how the season is going!



**SOPHIA GARDEN
AND LEARNING
CENTER**

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We're on the web!

<http://members.aol.com/sophiagardens/home>

*Towards an
interconnected
community of life*

INSPIRED READING

Sister Jeanne recommends: *The Art of the Commonplace*, a thoughtful and passionate compilation of agrarian essays by Wendell Berry.

"It gives one a deep understanding of what it means to come home to your place...through Sophia Garden we are all coming home to the precious land of Long Island," she says. S. Jeanne says the chapter "The Hill" alone is worth the price of the book.

Berry states that we do not need to rely on constant technological progress to improve our future: "If we take care of the world of the present, the future will have received full justice from us."

RECIPE FOR A BETTER PLANET

Running out of ideas for our exuberant daikon radish harvest? Try this cool Asian salad recipe from Farmer Nora

Radish and Carrot Salad

2 cups peeled, julienne-cut daikon radish

1 tsp kosher salt

1 cup julienne-cut carrot

1 tbs rice vinegar

2 tsp sugar

1 tsp mirin (sweet rice wine)

Combine daikon and salt, tossing well to coat. Let stand at room temperature 30 minutes. Rinse with cold water; drain.

Combine daikon and carrot.

Combine vinegar, sugar and mirin, stirring until sugar dissolves. Drizzle over daikon mixture; toss to combine. Cover and chill.

Makes ten 1/4 cup servings

NORA SAYS GOOD-BYE; WE SEARCH FOR A NEW FARMER

Nora has informed our Core Group that she will not be renewing her contract - she hopes to pursue something closer to her home in Pennsylvania next year. We are grateful to have had Nora as our farmer this year; without her it is likely that we would not have had a garden. We wish her well in her future endeavors.

So, we are in need of a new farmer. This small advertisement below is a brief description which we ask you to forward to your friends, family or associates. If we work together to spread the word and put our positive energy out there, I'm sure the right person for the position will appear!

Please let me know if you have any questions.

Thanks so much for your help.

Regards,

Julie Cohen

Garden Manager

631-842-6000, ext 333

Three-Acre Organic CSA on Long Island Looking For a Farmer

Sophia Garden, thriving for ten years, is located in Suffolk County, Long Island and operates on land owned by the Dominican Sisters of Amityville.

We have one and one-half acres in cultivation, a strong core group and a manager which leaves the farmer free of managerial responsibilities while at the same time enjoying support from shareholders.

Position available for the 2008 growing season.

Please call 631-842-6000 ext.333 or email sophiagarden@aol.com

DOWN AND DIRTY WORK- DAY

Our next work-day will be:
September 29
10 am—2 pm
Please come,
bring the family
and a snack.
Gloves recommended. See you
then!