



SEEDLINGS

Sophia Garden and Learning Center



Volume 7, Issue 9

Sept 10–Sept 23, 2007

Event Calendar

Weeding TUESDAYS	All
6 pm- 8pm	Sep
Harvest	Sep
4 pm	12
Harvest	Sep
7 am	13
WORKDAY	Sep
10 am -2 pm	15
Harvest	Sep
4 pm	16
Harvest	Sep
7am	17
Autumn Equinox	Sep
2 pm	23

What's coming up in the Garden...

- Potatoes, peppers, eggplant, onions, soybeans and tomatoes.
- Coming up soon: leeks and winter squash
- All items subject to change dependent on the weather, the bugs and Mother Nature!

WELL-SEASONED

Autumn Equinox

The cooler air, the crisper days, the slowing down of the green energy—we can begin to sniff Fall in the air at Sophia Garden.

Even as we lament the end of summer's warmth and exuberance, we embrace the new colors and fragrances and perspectives that autumn brings. Join us as we celebrate the change of seasons during our Autumn Equinox on September 23 at 2pm.

There are many ways for member to participate in addition to just showing up. Sister Jeanne would like to include the children; if your child would like to sing or otherwise participate with the group, please let our Garden Manager, Julie, know (sophiagarden@aol.com or 631-842-6000 x 333).

Also, we will be welcoming your editor's newborn son, Leandro Xavier, to the Garden in a special Native American ceremony. If your family has welcomed a new little one this past year and would also like to participate, please contact Julie.

And, many of you have donated to the Gar-



den through memorial cards. It is a Garden tradition to read the names of all those who have been thus remembered during the year at the Autumn Equinox. It is a beautiful tribute to loved ones. Memorial cards available through Julie.

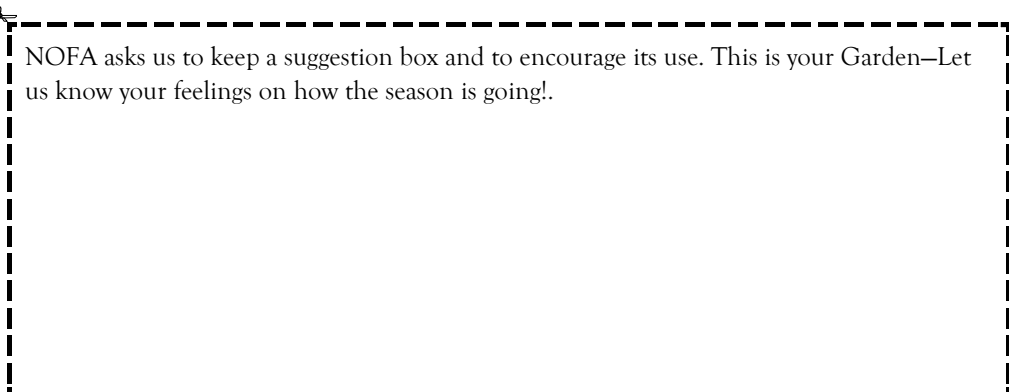
We suggest bringing chairs and a snack to share.

Tuesday Evening Weeding

Tuesday night weeding parties continue through September! From 6 pm–8 pm we'll be tidying up. Bring gloves, tools—if you've got—, hydration, and, if you'd like to join members for dinner al fresco, bring a light

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*

HELP WANTED IN HOMECOMING OFFICE

Sr. Margaret Galiardi (Sophia Learning Center) is in need of assistance with a variety of clerical and organizational tasks. Computer skills essential; afternoon hours: 1:30-3:30, Tues, Wed., Thurs. Some flexibility possible. \$15 per hr. Email Sr. Margaret with qualifications at mgalop@aol.com

RECIPE FOR A BETTER PLANET

GAZPACHO A LA MEXICAINE—from Roseanne Cohen

1 1/2 pounds ripe tomatoes, peeled seeded, and chopped (about 2 cups)
1/4 cup chopped red onion

1/4 cup chopped celery

3 T chopped scallion

1/4 cup chopped sweet green pepper

1/2 cup cucumber cut into 1/4-inch cubes (or very coarsely chopped in a food processor)

2 T chopped green hot or mild chilies

1 T chopped garlic

1/4 cup chopped fresh cilantro leaves

2 T chopped Italian parsley leaves

1 cup tomato juice

1 T olive oil

2 T red wine vinegar

2 T fresh lime juice

1/2 teaspoon salt

Freshly ground black pepper (8 turns of the pepper mill)

All the chopping in this recipe can be done in a food processor. Slice each vegetable thickly by hand and then place in the food processor. Pulse the blade carefully so as to not chop the vegetables too fine (unless you prefer a smoother consistency). Combine all the ingredients in a mixing bowl, cover the bowl, and refrigerate until cold.

Yield: 6 servings Calories per serving: 68

THE DIRT ON: PEPPERS

What puts the sizzle into Thai food? The ouch in Indian? The snap in Szechuan? Peppers, that's what. We think of these spicy global cuisines as always being hot, but nope, not before 1492. Until Columbus made his fateful trip across the Atlantic there wasn't a chile pepper to be found in Europe, Asia or Africa.

In a way, Columbus did find spice islands when he landed in the Caribbean. *Capsicum* species — the species of jalapenos, scotch bonnets and chipotles—had moved up from South America to the West Indies by the time his men landed. Previously, Europe only had peppercorns or *piper nigrum*. However, *Capsicum* is more democratic than some of the Asian exotic spices; its seeds travel and adapt so well and easily that they were adopted and re-invented by cultures around the world as soon as they were launched from American soil.

At Sophia, we are currently enjoying snappy

green peppers. From WHFoods.org: "A wonderful combination of tangy taste and crunchy texture, bell peppers are the Christmas ornaments of the vegetable world with their beautifully shaped glossy exterior that comes in a wide array of vivid colors ranging from green, red, yellow, orange, purple, brown to black. Although peppers are available throughout the year, they are most abundant and tasty during the months of August and September. "Bell peppers are not 'hot'. They contain a recessive gene that eliminates capsaisin, the compound responsible for the 'hotness' found in other peppers."

So enjoy those green bell peppers. Not only are they organic, they are indigenous, a real part of American food history. What did everyone else eat before 1492?

For more information read:

America's First Cuisines by Sophie D. Coe

The Columbian Exchange by Alfred W. Crosby

Jr.

DIG THIS! SEPT. WORK DAY

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