



# SEEDLINGS

Sophia Garden and Learning Center

## "NATURE, TO BE COMMANDED, MUST BE OBEYED"



Volume 7, Issue 7

October 22-Nov 4, 2007

### Event Calendar

|                    |     |
|--------------------|-----|
| Work Hours Tuesday | 23  |
| 10 am-3 pm         | 30  |
| Work Hours Wed.    | 24- |
| 12-6:30 pm         | 31  |
| Harvest Thursday   | 25- |
| 7-11:30 am         | no1 |
| Work Hours Friday  | 26- |
| 10 am-3 pm         | no2 |
| Workday            | Nov |
| 10am-2pm           | 3   |
| Potluck            | Nov |
| 3-6 pm             | 4   |
| Holiday Happening  | Dec |
| 10 am-4 pm         | 8   |

### What's coming up in the Garden...

- Potatoes, sweet potato, loads of onions and winter squash, kale, Swiss chard, leeks, greens, little turnips, beets, carrots
- All items subject to change dependent on the weather, the bugs and Mother Nature!

The above quote, attributed to Francis Bacon, tells us that when autumn comes, it's time to tuck Sophia Garden into bed for some much-deserved rest. It is one of the laws of nature that the soil, in order to provide for us next spring, needs a chance to recuperate from this season's hard and productive work.

But "*It ain't over till it's over,*" is another great quote. We still have work to do and fun to have.

#### *Don't Wait 'Till Next Workday*

Nora needs help with raking out beds, moving manure and mulching perennials as well as putting away the irrigation system. There is still time for redemption for those of you who haven't done your 15 hours. Clear your conscience as you clear the land and you will sleep better this winter! See Calendar.

#### *Next Workday—November 3*

The last tidying up bits will include taking down the tents, cleaning crates and baskets, cleaning tools and doing any remaining field work.

We hope to see you at the Garden from 10 am-2 pm.



#### *More Potluck Fun!!!*

Our end-of-season potluck will be held on Sunday, Nov. 3-6 pm. Bring a dish to share; say farewell to Nora and toast another season of plenty, while looking forward to the next.

#### *Holiday Happening*

Mark your calendar for the shopping event of the holiday season, our Holiday Happening at the Motherhouse on Dec 8 from 10 am-4 pm. Sister Maureen McGovern will be back! Vendors can contact S. Jeanne at 631-842-6000 x.307.

## YOUR OPINION COUNTS

I want more eggplant! I want more peppers! And less daikon radish! So my wishes for next year will be printed in big block letters on my evaluation form.

Have you filled out your form? This is your big chance to influence the seed order for next year (and balance out the Extreme Eggplant and Peppers campaign currently being waged by me—your editor — and Core Group member Tom Mauro).

You should have received a form in the mail along with your commitment form. If not, fill out a form at pick up, or fill it out online (Julie sent it via email; email her at [sophiagarden@aol.com](mailto:sophiagarden@aol.com) if you need it again).

Let your Core Group know what worked for you and what didn't. Comment on work days, work hours, events and anything else Garden-related!



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We're on the web!

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

*Towards an  
interconnected  
community of life*

We're reading: **Your Commitment Forms!!!** You should have received your commitment forms for next season in the mail. Preference goes to existing members but commitments are due by December 1st. After that, we'll begin to take people from the waiting list.

## **RECIPE FOR A BETTER PLANET**

This issue's recipe was contributed by Core Group member Bonnie Heller:

*Here is my Sweet Potato Hash Recipe from Your Organic Kitchen by Jesse Ziff Cool.*

1/2 cup pearl barley  
2 Tbs light olive oil  
1 small onion, coarsely chopped  
1 sweet potato, peeled & cut into 1/4" pieces  
2 cups vegetable broth  
salt & freshly ground pepper

Place the barley in a med saucepan over medium heat. Cook, shaking the pan often, for 5 minutes, til toasted. Remove the barley to a bowl.

In the same saucepan, heat the oil over medium heat. Add the onion and sweet potato, and cook, stirring occasionally, for 5 minutes, til lightly browned.

Add the barley and broth. Bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer, stirring occasionally, for 30 minutes, or until the barley is tender but still firm and the liquid is absorbed. Season generously with salt and pepper.

*The cookbook suggests enhancing this dish by topping with poached or fried eggs, or stirring in ham, chicken, shrimp or tofu. We eat it as is!*

## **THE DIRT ON: WHAT TO EAT NOW**

As the Garden's season closes we begin wondering how to carry our healthy, earth-centered, sustainable eating practices into winter.

First, follow food and nutrition expert Marion Nestle's advice and "shop the perimeter of the supermarket. That's where the real foods are—the meat, produce, dairy." She also suggests not buying anything with more than five ingredients or whose ingredients you can't pronounce.

Experts seem to agree that local organic food is the best all-around choice. After that, local conventional is actually preferable to organic that is shipped from California or China in terms of sustainability. Shipped organic is the next best choice, followed by conventional produce. Nestle does suggest to always buy organic eggs. "Natural" is not "organic" so be careful!

Supermarkets *do* listen to consumers. Speak to the manager and ask for local produce;

many stores are beginning to feature it.

For good fish choices visit the Monterey Bay Aquarium website and print out their wallet-size guide ([www.mbayaq.org/cr/seafoodwatch.asp](http://www.mbayaq.org/cr/seafoodwatch.asp)). Happy Eating!

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### 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](mailto:sophiagarden@aol.com)

## **Closing Up Shop**

*Our next WORK-*

*DAY will be:*

*Sat. Nov. 3*

10 am—2 pm

We will be cleaning and storing to end the season.

We need your help!

Please come, bring the family and a snack.

Gloves recommended. See you then!