

Seedlings

S O P H I A G A R D E N A N D L E A R N I N G C E N T E R

SPECIAL POINTS OF INTEREST:

- Sad, but true—LAST PICK-UP is November 6th
- Your opinion matters! Evaluation sheets will be available on-line and in hard copy. Your Core Group studies these evaluations exhaustively to plan for next season, so please fill them out!

IMPORTANT DATES

Harvest, 4-7pm	Oct 22
Harvest, 7am	Oct 23
Harvest, 4-7pm	Oct 26
Harvest, 7am	Oct 27
Harvest, 4-7pm	Oct 29
Harvest, 7 am	Oct 30
Holiday Happening 10 am—5pm	Nov 8

Shopping with Community Spirit

Each year Sophia Garden and Homecoming host **A Holiday Happening**, an event promoting "purchases with a purpose" as an alternative to the buying frenzy at the local mall during the holiday season. Vendors-including garden members, gather together to sell handcrafted items such as jewelry, art, pottery, ornaments, etc. in a joyous, spirited atmosphere. Non-profit organizations such as Handcrafting Justice, an organization selling incredibly beautiful handmade items created by women in developing countries, have also participated.

This year our friends at Dominican Village have graciously offered us the opportunity to join **A Holiday**

Happening with the **Dominican Village Craft Fair.**

The event takes place:

**November 8, 2008
Dominican Village
Helen Butler Hall
10 a.m. to 5 p.m.**

The Dominican Village Craft Fair-with more vendors than our event, attracts a larger crowd enabling us to share the talent of our participants-as well as our vision of a more relaxed holiday season, with a larger community.

If you would like to participate as a vendor the costs are \$50 for a six (6) foot table and \$60 for an eight (8) foot table. Dominican Village has already begun accepting vendors so please contact me as soon as

possible. Deadline is October 31, 2008.

If you cannot participate as a vendor we hope you will join us...and perhaps you will find that perfect gift for someone special in your life. We also need volunteers to help at the event to sell raffles, to donate and help sell homemade baked goods, and help staff the Sophia Garden booth where we will be selling t-shirts, cookbooks and candles.

- **Elizabeth Kelhm**, Director of Development and Marketing

PS From Editor: As someone buying gifts for kids, I highly recommend this event. We found snuggly, unique handmade toys that the kids in our family are still playing with (and learning from) a year later. They were totally reasonably priced and THEY

Assure Your Spot for Next Season!

Part of what makes our Garden possible is advanced planning, so, believe it or not, it is already time to think about next season.

Membership 2009 Sign-up Sheets will be available at our web site (homecomingearth.org) and at pick-up.

Current members get first shot, but the



SOPHIA GARDEN
AND LEARNING
CENTER

555 Albany Avenue
Amityville, NY 11701

Phone: 631-842-6000 x. 333
Email: sophiagarden@aol.com

Email Seedlings editor:
nataliadcuba@optonline.net

We're looking for recipes that show off our
produce, reading recommendations and
feedback!

We're on the Web!!!
<http://homecomingearth.org>

**Towards an interconnected
community of life**

S o u p ' s O n

I'm a year-round soup person, but hearty soups seem even more cozy in the fall. I make huge pots of lentil soup—quick, nutritious, cheap and delicious! Here's my (more-or-less) standard recipe with variations for meat eaters. Use your Sophia Garden goodies!

1 large onion, chopped; 2 tbsp olive oil; 3– 4 cloves garlic peeled and chopped; 8 oz chorizo or other spicy sausage (optional) in small cubes; medium carrot, chopped; two stalks celery, chopped; 16 oz. chicken or vegetable broth, plus additional water for soup; 1 lb. lentils (red, green, fancy –whatever), rinsed; 16 oz. can of peeled tomatoes (Italian-style if you like basil); up to four medium potatoes, cubed; 2-3 tbsp mixed herbs and spices (I combine basil, oregano and rosemary from my kitchen herbs if I'm in a Mediterranean mood and powdered cumin and turmeric if I'm in a Middle Eastern mood); 1-2 cups green leafy vegetable, chopped; 2 bay leaves; salt, to taste, depending on your broth.

You need a BIG POT. Sautee onions and garlic in olive oil until softened (or burnt, if you're me), add (optional) chorizo, followed by carrot and celery. Let soften, then add broth, lentils, tomatoes and additional water if necessary to cover. Bring to a boil, add potatoes, spices, leafy greens and bay leaves. Bring to boil again, reduce heat to low, cover and cook for 1/2 hour, until everything is tender but hearty.

W h a t i s a R u t a b a g a , a n y w a y ?

I love the sound of the word rutabaga, but I'm less familiar with what a rutabaga actually is! So I lifted this information directly from Wikipedia to find out. I was especially interested to read about rutabaga mash—how can you go wrong with butter and cream?

The swede, (yellow) turnip, swedish turnip or rutabaga (*Brassica napobrassica*, or *Brassica napus* var. *napobrassica*) is a root vegetable that originated as a cross between the cabbage and the turnip. Its leaves can also be eaten as a leaf vegetable. Swedes and Norwegians cook rutabagas with potatoes and carrots and mash them with butter and cream or milk to create a puree called

"rotmos" (root mash) and "kålrot/kålrabistappe" in Swedish and Norwegian, respectively. Onion is occasionally added. In Norway, kålrabistappe is an obligatory accompaniment to many festive dishes.

In Scotland, rutabagas and potatoes are boiled and mashed separately to produce "tatties and neeps" ("tatties" being the Scots word for potatoes and "neeps" for rutabagas), traditionally served with the Scottish national dish of haggis as the main course of a Burns supper.

I further found that you can peel and eat them sliced raw., adding to salads and slaw

COMING UP NOW

So what do you know, have a go!
Peas
Bok Choi
Potatoes
Sweet potatoes
Chard
Kale
Eggplant (waning)
Beets
Carrots
Rutabagas
Leeks

Regina warns that an early frost could change everything—a good reminder that we work with nature!

What We're Reading Now: I'm trying to read my Organic Gardening and Vegetarian Times

magazines to brace myself for a winter without Sophia Garden! What are you
Locals Only: We are developing a Local Food Challenge to help members eat

develop the project please email me (Natalia, Seedlings editor, at nataliadcuba@optonline.net)