

# 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:**

- New website!! Visit <http://homecomingearth.org>
- Wiki—not a Hawaiian dance. It’s techspeak for an online diary. Our new grower, Regina, is keeping one. Go to the Homecoming website and click on Sophia Garden and then What’s Happening in the Garden to find the link.

**IMPORTANT DATES**

Work day 10 am–2 pm	May 17
Work day 10 am– 2pm (tentative)	June 7
Summer Solstice 4 pm followed by Potluck	June 21
Work day 10 am–2 pm	July 12
Work day 10 am –2 pm	Aug 16
Work day 10 am–2 pm	Sept 13
Gardeners & Gators 2pm–6 pm	Sept 28

**SPRING INTO ACTION**

Welcome to the 11th season of Sophia Garden, CSA. For those of you who are returning, we’re so glad to have you back. And to those who have just joined us: we are very pleased to meet you.

It has been an eventful winter for our Garden and for the world.

We have a new farmer (see *Regina Digs Sophia Garden*, next page). We also have a few new structures around the Garden and we are settling into our new “digs” very well.

We are truly “thinking globally and acting locally.” Rising fuel prices and greater concern about what’s in the nation’s food supply are showing the greater American population what we already know:

that our mission to support sustainable and organic agriculture is not just about us as individuals, but about a global necessity.



Happy and healthy green kids!

Our Garden keeps on giving. Not only do we share nature’s abundance every time we pick up vegetables, we are also making our lifestyle much more sustainable. And, when you get out there and pitch in, you are also increasing your fitness and joining a sort of

mindful meditation.

In other words, we have a lot to do this year to condition the soil, plant and harvest for our community and we could use your help!

Please note that under *Important Dates* on this page, most of the work days for the season are listed. So put them in your calendar now and make these work days part of your active participation in Sophia Garden.

And signing up for harvest days now will help you complete the 15 hours of garden work that is part of your membership. Working with your fellow Garden members is a way to enrich your CSA experience.

We look forward to seeing you often as we weed, plant, water and grow.

**FOCUS ON... PRIORITIES FOR 2008**

Making Sophia Garden a success requires more than just planting veggies!

To be true guardians of the earth and to get better vegetables for ourselves, says our new grower Regina, we need to get our soil into fine condition. After so many years of not being cultivated, our

new land needs some more organic matter, according to the Cornell Extension Center testing.

“It’s a big deal,” says Regina. “Organic matter helps retain moisture and also holds nutrients.”

So our farmer and interns have been hard at work laying down compost and manure, in accor-

dance with Northeast Organic Farm Association standards.

You can help by contributing organic matter like coffee grounds and filters, vegetable trimmings, eggshells and teabags (no meat or fats) AND by coming out to get down and dirty in the Garden!

**SOPHIA GARDEN  
AND LEARNING  
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*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*

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**REGINA DIGS SOPHIA GARDEN**

Regina Dlugokencky was a skeptical eight year old city kid just moved from Brooklyn to the 'burbs of Long Island when her parents handed her some corn seeds and told her to get planting. "Are you kidding me!?!!" she thought. But when about a week later something actually did grow, she was hooked. An avid gardener ever since, her hobby has become a career. Regina is now our new grower and we are happy she's joined us.

She found us by accident. After spending her life as a librarian at SUNY Old Westbury and a medical concern, among others, she was researching community gardens on Long Island. She ran across our ad and in-

stinctively new that it was meant to be. Now she spends her days digging weeds and conditioning the soil and planting vegetables at the Garden. In between, this avid learner studies Floral Science at Farmingdale College. She is loving the experience.

"The people are wonderful and the time and effort they put in is inspiring," she says. "I like making a difference, It's not just me having fun in the dirt; the educational component is so appealing—showing how we can make this world better."

Regina lives in Centerport with her husband and two dogs and two cats. Now that she's in charge at Sophia

Garden, she's using her own garden at home as a Test Garden for her new interest in flowers and landscape design. Stop by the Garden to say hello!

