

# 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:

- A harvest by any other name would still include weeding. Sometimes on harvest days you will be asked to weed. Please don't be disappointed; **Weeding is Critical to Our Success.** See Regina's message next page.
- Save the Date. Gardeners & Gators Fundraiser is scheduled for September 28th!

## IMPORTANT DATES

Harvest, 4-7pm	June 25
Harvest, 7am	June 26
Harvest, 4-7pm	June 29
Harvest, 7am	June 30
Harvest, 4-7pm	July 2
Harvest, 7am	July 3
Workday 10 am–2 pm	July 12

## THE HERB GARDEN (PART I)

You may have noticed a new herb garden in the area of the sheds this year. The garden has been donated by members Elizabeth and Christine Keihm in memory of their mother Geraldine and their two dogs, Jackie and Willoughby, all avid gardeners. Yes, you read correctly—the dogs loved gardening too!

“My mother was a lifelong gardener and member of the Garden Club,” Elizabeth says. “The dogs also loved gardening. Willoughby loved the outdoors and Jackie, believe it or not, loved the scent of flowers.”

We will not be harvesting herbs from the Geraldine M. Keihm, Jackie and Willoughby

Herb Garden this season as the new garden establishes itself and we determine which herbs will flourish there, says Elizabeth. Herbs will be available in other parts of Sophia Garden this season.

In a future issue of *Seedlings*, we will give you a tour of the herb garden and explain the careful thought behind the design, as well as the local sources for the new (organic) plants.

We are grateful to the Keihm sisters, who many of you know as the force behind our Gardeners & Gators fundraiser, for choosing to share their memories with us in such a beautiful and loving way.



Cultivating remembrance

### COMING UP NOW...

Snap and snow peas (no need to shell these!)  
Lettuce  
Mixed greens  
Scallions  
Swiss chard  
Beets  
Hakurai turnips (Slice them raw into salads and sandwiches or sautéed)  
Arugula  
Bok Choy  
Tat Soi

## SUMMER FUN FOR CHILDREN

Nature Deficit Disorder among children has been a topic in the press. Get the antidote: The Sophia Garden Summer Fun for Children day camp from July 21-25. Children ages 6-12 will get hands-on planting experience and learn more about the natural world

and the creatures we share it with. They will sing and they will have quiet moments in the Great Outdoors. And each day will end with a delicious organic lunch. “My girls have attended and it’s amazing,” says Julie, our Garden Manager. Cost: \$125



**SOPHIA GARDEN  
AND LEARNING  
CENTER**

555 Albany Avenue  
Amityville, NY 11701

Phone: 631-842-6000 x. 333  
Email: [sophiagarden@aol.com](mailto:sophiagarden@aol.com)

Email Seedlings editor:  
[nataliadcuba@optonline.net](mailto: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*

*Recipe for Whirled Peas*  
**PLEASE SEND YOUR FAVORITE SEASONAL RECIPES TO US!!!**

**Chard with Lemon and Feta**

*(from [relishmag.com](http://relishmag.com)—brought to our attention by Celeste Crockett!)*

**1 1/2 lbs. Swiss chard, trimmed and coarsely chopped**

**1 tbs butter**

**2 tsps lemon juice**

**1/2 cup (2 ounces) crumbled feta cheese**

**1/4 tsp salt**

**Coarsely ground black pepper**

- 1. Rinse chard and place in large pot with water clinging to leaves**
- 2. Cover and cook over medium heat until tender, about 10 minutes**
- 3. Drain well and return to pot**
- 4. Reduce heat to low**
- 5. Add remaining ingredients and toss to combine**

**Serves 4**

## WEED IT AND REAP

**Please come help out Mon - Fri,  
10am - 5pm**

**From Farmer Regina**

Spring is in full swing at the garden, and while this means that our vegetable seedlings are off to a great start, this is doubly true of the weeds.

Last years' weed pressure has affected the garden in two ways: First, we are still eradicating the large perennial weeds that overwintered and are thriving. Second, we are seeing the progeny of 2007's weeds in the form of seedlings in direct competition with those seeds we have already planted (beets, scallions, chard, lettuce, spinach). Root vegetables are particularly vulnerable as they

produce very little "canopy" to shade out weed seedlings.

Weeding doesn't usually bring to mind peaceful thoughts, but, I can attest that there is a certain amount of fulfillment and catharsis that one gains when clearing the land to make way for the beautiful vegetables that we grow. Contrary to last year, the soil has been deeply tilled, and so in the words of one weeding-averse individual "this isn't hard at all." It isn't hard, it is just time consuming.

I'd like to stress before we can plant anything we must get the beds into condition for the seeds we plant to grow. Rosa, Alex, a few dedicated volunteers and I are diligently working to make this

happen, but what is being done by a few needs to be done by many.

I hope you will take some time to visit the garden to help with this daunting task. Your farmer, interns and vegetables will thank you!



*What We're Reading Now:* ***In Defense of Food*** by Michael Pollan. The author of *The Omnivore's Dilemma* and *NYTimes* food issues guy strikes another blow for sensible eating in a mixed up dietary world.

**Locals Only:** We are developing a Local Food Challenge to help members eat locally. If you would like to help develop the project please email me (Natalia, Seedlings editor, at [nataliadcuba@optonline.net](mailto:nataliadcuba@optonline.net)).