

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	Nov 5
Harvest, 7am	Nov 6
A Holiday Happening 10 am-5 pm	Nov 8

THIS IS IT!!!

We are winding down our growing season, but there are still ways to stay involved with our Sophia Garden community. We really hope to see you at **A Holiday Happening and Dominican Village Craft Fair**—an extravaganza of hand-made and virtuous gifts that help others while you get your Christmas list finished.

November 8, 2008
Dominican Village
Helen Butler Hall

(where the fundraiser was held)

10 a.m. to 5 p.m.

We also need volunteers to help at the event to sell raffles, **(to benefit the Do-**

minican Sisters of Iraq—who knew?). This year there will be Food Court: Can you donate and/or help sell homemade baked goods? Thursday pick-up people (and everyone else) will definitely want sample distribution person Chris MacDonald's baked goods; she is a fantastic baker!

There will be all manner of handmade gifts for purchase; some of them are made by Garden members! So go local for your holiday buying!

You can also get hands-on at the Sophia Garden booth where we will be selling t-shirts, cookbooks and candles. Last year I made great

holiday gift packages with items from the Sophia Garden table; this year those recipients are planning to come to A Harvest Happening to see where I scored such great, unusual stuff!

You can also just give other volunteers a break so they can walk around and get refreshments or do some of their own shopping.

We all look forward to seeing you there as we close our season with a celebration of abundance.!

Email Elizabeth at sophiagarden-grow@aol.com if you would like to help!

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 there is ALREADY a waiting list!

**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*

Monster Mash

Sophia Garden sweet potatoes, roasted garlic, mash and No Butter? This *Vegetarian Times* recipe speaks to my heart!

1 large head garlic; 1 tbs. finely chopped fresh rosemary; 1 tbs. olive oil; 4 large sweet potatoes, peeled and diced (8 cups); 2 large apples, peeled and diced (2 cups); 2 tsp salt; 1 tsp. balsamic vinegar

1. Preheat oven to 375F. Cut off top of garlic head, exposing cloves. Place on piece of foil and top with rosemary. Drizzle with olive oil. Wrap loosely with foil and bake 50 to 60 minutes or until soft and golden.

2. Place sweet potatoes and apples in pot with enough water to cover. Add salt, cover pot and bring to a boil. Reduce heat to medium and simmer 10 minutes or until sweet potatoes are soft.

3. Drain and reserve 1 cup cooking water. Transfer to serving bowl.

4. Squeeze roasted garlic cloves into sweet potatoes and apples. Add balsamic vinegar and mash, adding cooking water as necessary to adjust texture for creaminess. Season with pepper and serve hot.

(you can roast garlic a day or two in advance and keep refrigerated...)

WE GIVE GOOD VALUE!

Deciding whether to sign up again for next year? Our Garden Manager, Susan, and Core Group member Celeste Crockett did a bit of comparison shopping. They compared the value of our October pick-ups to the current prices at Sherry's Market in Babylon. The first column is the price per item at Sherry's. The second column is what you picked up in a week at our Garden and what it would have cost you at Sherry's.

Sherry's Market in Babylon:		Sophia Garden Pick Up	
Green Leaf Lettuce	\$3.39/head	1 Head	3.39
Eggplant	3.49/#	2 each (1.5#)	5.25
Green Peppers	1.89/#	1.25#	2.50
Heirloom Tomatoes	4.99/#	6#	30.00
Beets	3.49/#	2ea	1.00
Red & Green Cabbage	1.69/#	1.5#	2.55
Kale	3.59/bn	1bn.	3.59
Cucumbers	3.49/#	1ea.	1.20
Yukon Potatoes	1.29/#	4#	5.16
Winter Squash	2.89/#	1ea. (2#)	5.78
Scallions	1.29	1bn.	1.29

Total Value for Pick Up: \$61.71

COMING UP NOW...

Weather permitting, i.e. no hard frosts:

Peas
Bok Choi
Potatoes
Sweet potatoes
Chard
Kale
Beets
Carrots
Rutabagas
Leeks

*What We're Reading Now: I'm STILL trying to read my *Organic Gardening and Vegetarian Times* magazines to brace myself for a winter without Sophia Garden! What are you reading? Let us know.*

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 nataliadecuba@optonline.net).