



SEEDLINGS

Sophia Garden and Learning Center



Volume 7, Issue 4

July 2–July 15, 2007

Event Calendar

Harvest 7am	Jul 2
Monday "A" 4pm-7pm	Jul 2
Harvest 7am	Jul 5
Thursday "A" 4pm-7pm	Jul 5
Monday "B" 4 pm-7pm	Jul 9
Summer Fun for Kids 9:30am-12:30 pm	23- 27
Cooking with Nancy	Aug 25
9:30am-1:30pm	

What's coming up in the Garden...

- snow peas, snap peas, beets, chard, kale, daikon and red radishes, turnips, lettuce greens
- Coming up: zucchini (recipe next page)
- All items subject to change dependent on the weather, the bugs and Mother Nature!

JULY GARDEN NEWS

Thanks to everyone who made our Gardeners & Gators fundraiser a great success! Once again it was sold out. Those who made it to the event had a great time! T'bazco Road rocked the house and the food was terrific.

More than 100 items were donated for the Chinese raffle. Winners of the top prizes included Skip Wade (VIP Mets tickets donated by Eugene McCue and Roosevelt & Cross), the Nye Family (dinner and a show, donated by Tony Cusio) and T. Logan (Sunday brunch at the Garden City Hotel). Congrats!

Early numbers show a gross of more than \$14,000 and net of more than \$11,000 to be shared between the Garden and Sophia Learning Center. "We are thrilled with this amount. The event was a great success!" says Elizabeth Keihm, Core Group member who with her sister, Christine, organized the event.

It's never too early to start planning for next year. If you or a business you patronize might be a sponsorship candidate, let us know! "It's the personal connection that makes the difference," says Elizabeth. "And sponsorships are the way to make the event more profitable."



Eggs—Eggs—Eggs—Eggs—Eggs—Eggs—Eggs
If you've ordered eggs, don't forget to pick them up! These eggs are from Makinajian Poultry Farm in Huntington—fresh, local, certified organic and free-range. Ask at distribution if there is an extra dozen to purchase—\$3.

Pick-Up Reminders

Changes are only accepted for those going away with two weeks notice. Mon. pick-up call Donna at 516-783-1972 or doncar5555@yahoo.com and Thurs. call Chris at 516-249-8144 or mac2949@aol.com. If you haven't picked up your info folder from

FAREWELL MARYBETH; WELCOME JULIE...

Our Garden Manager, MaryBeth Weiss, will be leaving us on July 6 to pursue education in Vermont and later Toronto, Canada, at the Rudolf Steiner Center. MaryBeth is planning for a future as a Waldorf School teacher.

MaryBeth came became manager at a difficult time for the Garden—when we didn't have a farmer – and was instrumental in resolving our difficulties. She organized the

membership for 2007 and brought her creative and artistic talents to the children's and adult programs. We will miss her and wish her well.

Fortunately our transition will be smooth thanks to member Julie Cohen who is enthusiastically taking over the job. Julie, a mother of three, has been a dedicated member of the Garden since 2003. Welcome Julie!



**SOPHIA GARDEN
AND LEARNING
CENTER**

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We're on the web!

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

*Towards an interconnected
community of life*

*Newest garden member:
Leandro Xavier de Cuba, born to your
editor June 16, 2007!*

News 12 Long Island recently featured Sophia Garden. It featured Sister Jeanne (in a fabulous straw hat) and other members explaining to Long Islanders what we do and why. It was beautiful!

RECIPE FOR A BETTER PLANET

Zucchini is one of the unmistakable flavors of summer. It's starting to come in at Sophia Garden. Thanks to member Mary Ellen Walsh for her mother's treasured zucchini soup recipe.

Dorothy's Zesty Zucchini Soup

1 med. onion
2 cloves garlic
3 T. olive oil
2 slices bacon
3 zucchini, sliced (1 lb.)
1/2 t. basil
1/4 t. oregano
pinch of hot pepper flakes
salt and pepper, to taste
3 c. chicken broth
1/4 c. milk
1/4 c. grated Parmesan cheese

Saute onion and garlic in oil until onion is soft. Add bacon and cook until slightly crisp. Spoon off extra fat. Add zucchini (reserve a few slices for garnish), basil, oregano, hot pepper flakes and chicken broth. Simmer 20 minutes. Puree in blender. To serve, add milk and reheat, but do not boil. top with Parmesan cheese and several slices of zucchini.

THE DIRT ON: DIRT

To mothers it may be the enemy, the stuff that just won't wash out of clothes. But to farmers like us, dirt or soil is the cradle of life.

Soil is the loose top layer of earth's land surface, the medium in which plant life can grow. Without it, we'd have a hard time growing everything we need to eat and clothe ourselves.

It is a mixture of mineral and organic materials plus air and water, made from rocks that break apart or wear away (it can take up to 1,000 years to form 1 cm of soil from rocks—no wonder erosion is such a threat! Soil is hard to replace once it's washed away). There are five main types of soil: humus—the dark moist stuff we develop from compost; clay—dense soil that holds water; silt—fine grains of rock; sand—coarse soil that drains quickly; and gravel—visible rock particles. Check out Sophia Garden's soil. What types are represented? Ask Farmer Nora to see if you're right.

Soil may look pretty dead, but look again. It is actually teeming with life. A single spade of rich garden soil contains more species of organisms than are found above ground in all of the Amazon forest. One cup of soil may have as much bacteria as there are people on earth! And the bacteria is good stuff. Bacteria and protozoa feed on elements in the soil and poop out valuable nutrients; fungi help the roots; nematodes—microscopic worms; arthropods like mites, millipedes, beetles and spiders—each plays a role in forming soil for plants like ours.

So next time you get dirt on your knees, maybe you should worry less about getting the dirt out that leaving the dirt on the earth where we need it most!

For more kids stuff on soil

<http://42explore.com/dirt.htm>

www.sidney.ars.usda.gov/sidebar/justforkids6.html

Sophia Garden Needs You!

**Our next work-
day will be:**

July 21

10 am—2 pm

**Please come,
bring the family
and a snack.**

**Gloves recom-
mended. See you
then!**