



# SEEDLINGS

Sophia Garden and Learning Center



Volume 7, Issue 5

July 16–July 30, 2007

## Event Calendar

Harvest 7am	Jul 16
Harvest 7am	Jul 18
Harvest 7am	Jul 23
Harvest 7 am	Jul 26
Summer Fun for Kids 9:30am-12:30 pm	23- 27
Cooking with Nancy 9:30am-1:30pm	Aug 25
Potluck 6 pm	Aug 29

## What's coming up in the Garden...

- Potatoes, peppers, zucchini, beets, carrots, scallions, squash
- Coming up late July and early August: cherry tomatoes and string beans
- All items subject to change dependent on the weather, the bugs and Mother Nature!

## TIME TO PITCH IN!

### Top Five Reasons to Come and Harvest

5. Many hands make light work and many people make light hearts.
4. You can change the world one organic, locally-grown carrot at a time.
3. You (and your kids) need the exercise and the fresh air.
2. A lack of harvesters affects the quality and quantity of what you pick up (and pay for).
1. It's fun and satisfying and part of the authentic farming experience.

There! Five great reasons to come to harvest that didn't even mention that part of Sophia Garden membership is making a commitment to 15 hours of work over the season.

We really, really need more folks to come out for harvest days and help Nora. It has been a difficult scramble to get the vegetables ready for pick up. Part of the joy of Sophia Garden Community-Supported Agriculture membership is the chance to feel the sun on your back, the earth under your fingers, to smell the freshness of new herbs and green leaves, to enjoy the company and chat of oth-



ers with interesting perspectives on food and their relation to it. Please come out on Monday and Thursday mornings at 7 am (or later!) to help. There is suitable work for everyone.

### Beans-Beans-Beans-Beans-Beans-Beans-Beans

Thanks to an abundance of beans, you will have another opportunity to get down and dirty at the Garden. Starting August 3, we invite members to come harvest string beans on Fridays from 3-5 pm. That's Fridays 3-5pm from August 3. It should be a lot of fun and a relaxing way to end the week.

## SUMMER ACTIVITIES

### Camp!

Summer Fun for Children is a terrific morning day-camp for children ages 6-12 taking place at the garden from July 23-27, 9:30am-1:30 pm. The cost is \$125 and registration is open until Friday, July 20. Don't miss it!

### Potluck!

Grown-ups and children alike will have a

great time at the August Potluck in the Garden. Potlucks are among the most popular activities at the Garden—everyone brings a dish of something delicious to share. Many members bring their own silverware, dishes and even cloth napkins to avoid using disposables and add a little elegance to the evening. Mark your calendar then: August Potluck, August 29 at 6 pm. See you there!



**SOPHIA GARDEN  
AND LEARNING  
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We're on the web!

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

*Towards an  
interconnected  
community of life*

One cannot think well, love well, sleep well, if one has not dined well."

--Virginia Woolf (contributed by Chris McDonald)

## **RECIPE FOR A BETTER PLANET**

*The vivid purple red of our beets tells a high nutrient story. Aside from having more sugar than any other vegetable, they are high in fiber and have a lot of vitamin C. The greens have vitamins A and C. To roast beets, try this recipe from Food To Live By: The Earthbound Farm Organic Cookbook by Myra Goldman.*

1 pound baby beets

1 tablespoon olive oil

Salt and freshly ground pepper

1. Position a rack in the center of the oven and preheat to 400F
2. Trim off beet greens, leaving root and 1/2 inch of stem. Set greens aside for another use. Rinse beets in a shallow baking dish and coat with olive oil. Sprinkle salt and pepper over the beets and tightly cover dish with aluminum foil.
3. Bake beets till tender when pierced with the tip of a knife, 35-45 minutes (longer for larger beets)
4. When the beets have cooled enough to handle, use a paring knife to remove roots, stem and skins. Keep different varieties separate until serving to avoid the colors bleeding together. Can rest for two hours at room temperature and can be refrigerated, covered, for up to three days.
5. Serve sliced in salads, drizzled with dressing or warmed as a side.

## **THE DIRT ON: POLLINATORS**

To bee or not to bee?

The answer is definitely: to BEE!

Eighty percent of flowering plants, including 150 food crops depend on bees, butterflies, birds, bugs and other pollinators to produce seeds and fruits, which means we can't live without them.

This is how it works. In order to make a fertile seed or fruit, plants need to get pollen from the male part of the plant to the female part of the plant. But since boy and girl plant parts don't have legs to go out and find each other and make the transfer, they depend on pollinator postmen and women to pick up and deliver the goods. But these pollinators don't do it on purpose or for free. The plant has to tempt the pollinators by offering attractive flowers and delicious sugars and nectars. So, for example, the bee finds a tasty tomato flower to dip into. As the bee feeds, it catches pollen from the boy part and passes it onto the girl part and the fruit is fertilized.

Or, in the case of our squash, the bee goes from boy flower to girl flower with the pollen.

At Sophia Garden, our tomatoes, peppers, beans, peas and squash— "basically anything that has a fruit" — depends on bees, says Farmer Nora. "Despite a few bee stings, they've been doing a good job. They are an important part of the garden, but not many people realize it."

To help pollinators, here's what you can do:  
Plant a wide variety of native flowering plants

Do not use pesticides

Avoid modern hybrid flowers (they may not have pollen)

Plant night-blooming flowers for bats and moths.

Mix sea salt with damp earth to create a salt lick

*For more kids stuff on pollinators*

[www.fs.fed.us/wildflowers/pollinators/index.html](http://www.fs.fed.us/wildflowers/pollinators/index.html)

[www.kidsgardening.org](http://www.kidsgardening.org)

## **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!**