



Constant Harvest

The EECO Farm Newsletter • Volume 4 Number 1 • April 2005

Here Comes the Sun

Peter Garnham

As this Newsletter arrives in your mailbox, I will be starting the first of my seeds for the coming summer growing season. (As I write, however, there's two feet of snow outside.) Take this as a timely hint – if you haven't already bought seeds, do it now. I got mine in December.

Local nurseries are carrying better seed brands now than they did a few years ago. Stay away from hardware store/chain store brands; the seeds are often poor quality. Look for Burpee, Johnny's Selected Seeds, Cook's Garden, Renee's Garden, or Botanical Interests. Almost as easy, get their catalogs, or go to their Web sites, and make your choices. (See Getting Started, page 7.)

Forget starting seeds on windowsills. All you get is leggy, weak plants that never recover. Find a spot to hang a 4-foot fluorescent fixture, holding two 40-watt tubes. Make one tube cool-white,

the other warm-white. Hang the fixture on chains, so you can raise and lower it. Suspend it about three inches (Yes, three inches!) above the seed-starting mix. Set it on an automatic timer, so the lights are on about 16 hours a day. You're ready to go.

I start seeds in cubes, made from starter mix in a gadget similar to a cookie press. You can also use peat pots, Jiffy pots, yogurt cups, or any container you choose that's at least 1½ inches deep and has a drainage hole or holes in the bottom. Buy a packaged seed-starting medium. Do not use any garden soil – it can contain organisms that will zap your baby seedlings.

I'm not great at following directions on products, but I do strongly advise you to read and follow the instructions on each seed packet. Some seeds need to go ¼-inch deep. Others must lay on **Sun** – *Continues Page 7*



Bees In Winter

Mary Woltz

Winter isn't necessarily a season when one thinks much about honey bees, unless, of course, one is a beekeeper. However, their ability to survive the colder months of the year has great bearing on the success of their more familiar warm weather activities of pollination and honey production.

Honey bees overwinter as a wakeful cluster of many thousands. This gives them a major advantage over their less social cousins by insuring rapid expansion in the spring, thus allowing them to devote very large numbers of bees to the gathering of provisions. Much like humans freeze, can or otherwise preserve the summer's bounty, the honeycombs serve as the bees pantry, storing the fruits, or rather juices, of summer toil upon which their very survival will depend.

In autumn as the days begin to shorten and temperatures drop, so do the number of bees in the colony. The drones, the male members of the hive, whose lack of hygiene and large appetites present liabilities for the other members are then expelled from the hive. This leaves the workers, or females, and their single queen to cluster together in a constant dance, alternating between the warmer core of the cluster and its cooler exterior edge.

The size of the cluster reflects the external temperatures, expanding and contracting as it warms or cools. Additional warmth is generated by wiggling their wing muscles and consuming extra amounts of winter stores of honey and pollen.

Bees – *Continues Page 3*

Let One Million Gardens Bloom

Brian Halweil

"I see the kitchen garden as being both a means and a universal metaphor for a healthier, tastier, and more sustainable way of eating," Roger Doiron of Scarborough, Maine, explains. Parents disappointed with the offerings in supermarkets might decide to put in their own garden. Doctors might suggest that obese patients get some exercise—and nourishment—from a kitchen vegetable

box. Overstressed urbanites might find some peace while weeding.

In December of 2003, Doiron founded Kitchen Gardeners International, a sort of political and intellectual clearinghouse for folks who grow their own. (Think of it as Slow Food meets back-to-the-land.) The group's goal is simple: bring people into closer contact with their food by celebrating home-grown, home-cooked foods in their many international forms. Think of it as a cross between Slow Food and the back-to-the-land movement.

But Doiron, previously head of the European office of Friends of the Earth, has his work cut out for him. Back in 1900, Americans raised 30 percent of their own food. Today, the share stands at a meager 1.5 percent.

Luckily, Kitchen Gardeners depends on the notion that small doesn't necessarily mean insignificant. "A miniature salad garden is a really good way to

Bloom – *Continues Page 6*



Early Spring Greetings

Lauren Jarrett, Executive Director

After a short respite of warm weather (two days), as I write these greetings, it is cold out again. But by the time the first 2005 issue of "Constant Harvest: The EECO Farm Newsletter" reaches you, spring will officially have arrived and will be very welcome.

The farm is still sleeping but there are things going on. The high tunnels are planted with spinach for the spring. Paul Hamilton has been working on heat in the nursery greenhouse and irrigation in the high tunnels. We look forward to an early crop of fresh spinach and greens.

This year we will have *electricity* and our well will be working too! Our walk-in refrigeration will be operational, and the Farm Stand is being re-built.

Kate Plumb will lead the management of the Long Lane stand and the EECO Farm stand at the Farmer's Market in Sag Harbor. If you can help at either stand, please contact Shel de Satnick (631-329-1586) to volunteer.

Paul has installed a new gate at the farm's entrance, to go with the fabulous sign designed and built by David Stiles. The Farm Trail will open this year with a new gate to allow for a perimeter hike around the farm.

The first Full Moon Party of the year is Friday, May 20th! Wear a jacket

or bring enough wine to keep you warm. Summer Seminars will also be on Fridays this year. We are working on a new list of speakers for the season. (See EECO Farm 2005 Events on Page 5.)

The newsletter has been re-organized into feature articles, by gardeners, cooks, experts, advocates, and enthusiasts. If you are interested in writing an article or have photos, please e-mail them to me, ljarrett@optonline.net.

On Saturday, April 9th, the Community Gardeners will hold a spring organizational meeting at the Session House behind the East Hampton Presbyterian Church on Main Street, at 11:00. New gardens will be assigned and seasoned gardeners will be there to offer advice and enthusiasm. Following the meeting there will be a "Pasta and Salad Lunch" featuring Giovanni Malafronte's award winning EECO Pasta Sauce! After lunch, there will be a meeting of the expanding Advisory Council, to meet each other and organize volunteers to help with all the needed tasks for the season.

Spring is a time of promise, and we look forward to a great season at the farm. Come enjoy the farm, volunteer at the stand, and join in the Friday events.

With warm wishes for warm days and a sunny season. *Lauren*

To The EECO Farm Community

Annie Bliss, Founding Member of EECO Farm Board of Director 9 Feb. 2005

Since the spring of 2000, when the idea of creating a local community farm first dawned in my consciousness, this has been one of the most fulfilling and challenging adventures of my lifetime. I am so grateful to all of you who have "jumped on board" to help transform this dream into reality.

As we approach the beginning of the fourth season of farming on Long Lane, the time is right for me to step down from the leadership position I have held for these past years, and move into a different role at the farm. The managerial demands of the organization have grown quickly, and now require far more than the part-time commitment that I made four years ago.

My other family and professional obligations are calling loudly for my attention.

I look forward to stepping into a new role as Board Member rather than Staff, and hope that I can make more meaningful contributions to the future of the Farm in this capacity.

The success of EECO Farm is surely living proof of the old adage about "many hands make light work". The input of hundreds of local people has created this wonderful community resource. My heartfelt thanks go out to all!

Hope to see you all on the farm this summer! *Annie*

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www.eecofarm.org

About EECO Farm

EECO Farm, Ltd., is an educational 501(c)(3) not-for-profit corporation.

It operates an community organic farm for the benefit of area residents, in collaboration with the Town of East Hampton, which owns a 42-acre parcel of prime agricultural land across from East Hampton High School.

The farm is a demonstration of sustainable farming, an outdoor classroom, and a community area for the Town.

Our farm stand, located on Long Lane, is a source for fresh produce, grown naturally without chemicals.

The farm is a strong voice in the PURE (Pesticide Use Reduction Education) Campaign in East Hampton and provides information on organic home garden and yard care to the public.

Board of Directors

Evan M. Frankel	<i>Chairman</i>
John A. Malafronte	<i>Vice Chairman</i>
Richard E. Lynn	<i>Treasurer</i>
Peter Garnham	<i>Secretary</i>
Lauren Jarrett	<i>Executive Director</i>
Annie Bliss	Gale Meisenberg
Bruce Crowley	Nancy Roob
Brian Halweil	Vicki Match Suna
Howard Lebwith	

Honorary Board of Directors

Christie Brinkley & Peter Cook
B. Smith & Dan Gasby

Farm Staff

Paul Hamilton	<i>Farm Manager</i>
Kate Plumb	<i>Sales and Marketing</i>

Membership

Basic Membership	
Adults	\$25/year
Families	\$35/year
Youth & Senior	\$15/year
Donating Membership	
Friends	\$50 and above

Garden Site Rental

20 x 20 ft site \$75/year
(Subject to availability)

Newsletter & Web Site Design

Paul Friese, Aerolark DesignWorks

Arsenic in Local Soils: Risks in Perspective

Peter Garnham

Concern has recently been expressed by some well-meaning folks who were shocked to learn that arsenic can be found in farm soils. To those unfamiliar with basic soil chemistry, this may seem alarming. Arsenic is a naturally-occurring semi-metallic element¹, found in varying amounts (from 0.1 to 97 parts per million²) in soils throughout the United States. It is known to be present in farm, home, and school soils in all parts of East Hampton, other areas of Suffolk County, and eastern Nassau County. It is a necessary plant nutrient, and in trace amounts is believed to be a necessary nutrient for mammals, including humans.³

Several forms of arsenic were once widely used in agricultural and horticultural pesticides and fertilizers⁴. The heaviest users in this region were up-state commercial orchards, but pest-control companies, potato farmers, and homeowners also used these chemicals. The use of a wood preservative containing arsenic, CCA, has been limited. It is possible that tiny residues of these chemicals remain, in addition to those put there by nature. However, no known cases exist in the U.S. of arsenic poisoning from soil contact, ingestion, or inhalation.

Bees- From Page 1

Fortunately for the colony, worker bees born in the fall live much longer than their spring or summer sisters, who have literally worked themselves to death by about six weeks of age. This factor allows the queen to have a brief respite from egg laying. The absence of brood, or baby bees, allows the cluster temperature to drop to approximately 68°F, allowing the bees to conserve valuable energy.

After her brief hiatus in egg laying, towards the very depths of winter, the queen will resume this most important task, and the temperature will immediately climb to approximately 95 degrees. This signals the beginning of a new year for the bees. As the days gradually lengthen and temperatures warm, the colony grows, and begins to seek early foraging opportunities.

Gardeners can provide for the bees needs at this most important time of year, through mindful plantings. Spring bulbs such as crocus, snowdrops, daffo-

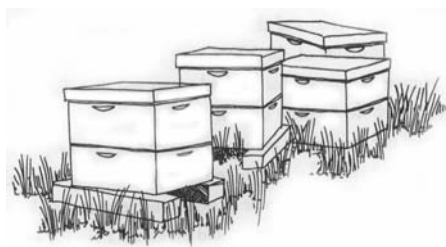
The U. S. Environmental Protection Agency has established a maximum limit for arsenic in drinking water⁵, but not in soils, because there is no scientific evidence on which to base a "safe" level of arsenic in soils. Several states, including New York, have established so-called acceptable levels, not based upon any evidence

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No known cases exist in the U.S. of arsenic poisoning from soil contact, ingestion, or inhalation.

of health risks, but simply pegged to the naturally-occurring levels within that state.

Clearly, arsenic is all around us. It is quite possible that home gardens (especially those of houses built on former farmland), school playing fields, and all farm fields will show traces ranging from about 20 ppm (parts per million) to about 50 ppm.



dils and tulips are highly valued for their reserves of pollen and nectar. Shrubs such as hazelnut, witch hazel and pussy willow are wonderful sources of pollen for the young bees. Perhaps the easiest way to assist the bees is to forego the temptation to remove any dandelions, which are excellent sources of both nectar and pollen. These favors are certain to be rewarded with continued visits throughout the year.

Mary Woltz is a beekeeper and partner in the Hamptons Honey Company, based in Water Mill, NY. She manages 100 colonies of honey bees located on 11 different locations, including EECO Farm, scattered between the North and South Forks of Long Island's East End.

Most farm fields in East Hampton and Southampton, from which our local food supply comes, are still farmed "conventionally" - that is, using chemical fertilizers and pesticides. Almost all those chemicals are highly toxic, even if they do not contain arsenic. EECO Farm in East Hampton, Quail Hill Farm in Amagansett, and the Green Thumb in Watermill, are farmed organically, without chemical inputs of any kind. An increasing number of privately-owned farms are starting to follow organic practices.

Organic farming concentrates on soil improvement. Constant applications of compost, and the seasonal growth of dense cover crops, add vegetative matter to the soil, thus cleaning the soil of earlier chemical contaminants. The result is lush, green, and healthy crops that would not thrive in contaminated soils. We recommend that people with health concerns should wear gloves and avoid breathing dust.

While we should not shrug off the possible hazards from arsenic and other chemicals, we must keep these risks in perspective. Those concerned about this issue should investigate home and school areas, where children spend much more time than in visiting farms, and where no attempt is being made to improve soil health or limit exposure. Farm fields that are being farmed organically are "the good guys," the healthiest soils on Long Island, and they should be held up as a standard to which others should aspire.

Sources:

- 1 *Agency for Toxic Substances and Disease Registry, Public Health Statement for Arsenic, September 2000.*
- 2 *U.S. Environmental Protection Agency, Background Report on Fertilizer Use, Contaminants, and Regulations, January 1999*
- 3 *Agency for Toxic Substances and Disease Registry, Toxicological Profile for Arsenic, September 2000*
- 4 *U.S. Environmental Protection Agency, Background Report on Fertilizer Use, Contaminants, and Regulations, January 1999*
- 5 *U.S. Environmental Protection Agency, Revision to Safe Water Drinking Act [10 ppb, or 0.010 mg/l, beginning 1/23/2006.]*



Have a great recipe? Send it in!

Baked Cod with Tomatoes and Leeks

Charlotte Sasso

Cod is a wonderful local fish, especially tasty in the winter and early spring. Here's an easy dish that's just as suitable for company as for a quick, weeknight family dinner. You can serve it with any type of potatoes, rice or an orzo pilaf with some sautéed greens on the side.

2 lbs Cod Fillet
 1 1/2 Cups Chopped Tomatoes
 1 1/2 Cups Chopped Leeks
 2 Cup Verjus, White Wine, Fish Stock or Chicken Stock
 1/4 Cup Breadcrumbs
 Olive Oil or Cooking Spray to Coat Pan
 1 TBS. Oregano or Thyme
 Salt and Pepper to Taste
 Preheat oven to 375.

Coat heavy baking dish with cooking spray or olive oil. Place cod in pan and cover with tomatoes and leeks. Add verjus, wine or stock. Spray top of fish with more cooking spray or drizzle some olive oil over top. Sprinkle on breadcrumbs and seasonings.

Bake for 15-20 minutes. Run under broiler for 3-5 additional minutes to get a crunchier topping.

Plate fish and vegetables and spoon juices over the top. You can also add a little more liquid while you stir the contents and heat the pan over a low flame to create more sauce.

Charlotte Sasso and her husband Bruce own Stuart's Seafood Market on Oak Lane in Amagansett. She is an avid cook both at the shop and at home. Charlotte was recently featured on the Food Network's "Food Finds" program preparing clam pies.



Spicy Chickpea Soup with Kale

Beth Collins

1 lb dried chickpea - picked through and soaked overnight	1 Tblsp ground cumin
3 yellow onion - small dice	2 tsp ground coriander
4 carrots grated	2 tsp turmeric
4 cloves garlic - minced	1/2 to 1 tsp ground cayenne to taste
4 cups canned plum tomato - chopped or smashed and the liquid	1 Tblsp sea salt (to taste)
2 bunch cilantro - washed and chopped, including stems	1/2 tsp ground black peppercorn
2 jalapenos - seeded and diced	1/2 cup Extra virgin olive oil - for cooking and finishing
3 bay leaves	To add once soup is completed:
	1 lb kale washed and chopped
	1 clove garlic sliced

Two days ahead:

Soak chickpeas (you can substitute canned chickpeas but it's not the same)

One day ahead:

Drain and reserve water from soaked chickpeas. Fill pot with cold water 4-5 inches above chickpeas, place bay leaves in pot. Bring to boil and then reduce to lowest simmer and cook uncovered for about 1.5 hours. Check frequently for tenderness. Season with salt as the beans get more tender. When thoroughly tender, remove from heat and let them cool in the liquid - do not drain.

Day of:

Saute onion and garlic, add carrot, jalapeno, cumin, coriander, turmeric, pepper, some salt, and half the cayenne. Saute over low heat til all the ingredients start to carmelize and stick to the bottom of the pan. Add chopped tomato and its liquid and the fresh cilantro.

Bring up to simmer and cook for 5 minutes.

Add chickpeas and 4 cups of its cooking liquid - reserve any extra cooking liquid in case soup is too thick. If you don't have more than that you can thin soup with water.

Stir and bring all ingredients up to a simmer. Check salt and "pepper" heat: cayenne and black pepper will "bloom" over time: If it's hot now, it will be much hotter later.

Once it's hotter than you like it's hard to change.

When soup has simmered for 30 minutes and flavors have thoroughly melded, pulse the soup with an immersion blender.

I like to puree part of it but leave some texture of the bean too.

While the soup is finishing:

Saute kale with garlic, season with sea salt. Cook until just tender and remove from pan and cool. Most varieties of kale hold up very well in soups so any kind will do. Lacinato Kale (also known as dinosaur or cavolonero) is my top pick.

Once the soup has been immersion blended: Stir in cooked kale. Check seasoning.

When serving, finish soup with extra virgin olive oil. If by chance you've made your soup too spicy, serve it with yogurt to cut the heat.

Beth Collins is Executive Chef of the Ross School in East Hampton and maintains two of the EECO Farm Community Garden plots, as well as a raised bed herb, flower and perennial vegetable garden outside the Ross Café.

Everything You Always Wanted To Know About Rhubarb...

Bette Lacina

EECO Farm might be having our first rhubarb harvest this spring, so we are including some information about it.

This plant is neither exotic nor a fruit. It is a relative of dock, a common weed. Rhubarb can grow in temperate to moderate climates to heights of 3 to 5 feet. The plants have wide, curly leaves and sleek stalks 1 to 3 inches thick.

Though the leaves are very toxic if eaten, rhubarb stalks are quite edible, but they are tart and need to be sweetened to be palatable. They are green to red or red-streaked and can be eaten from early spring to early summer. In summer and fall the leaves are needed to foster growth of the next year's shoots.

To cook rhubarb for sauce, wash the stalks, then cut off the bottoms and top part near the leaves. Now dice them into 1 inch cubes. Cook the cubes in a small amount of water and some sweetener to taste (apples can be used if white sugar is an issue). When the fibrous stalk has become stringy and mushy, it is done. Rhubarb sauce can be preserved like jam or just eaten for a simple dessert or side dish.

You can also use rhubarb for baking. It is sometimes called "the pie plant" so make a rhubarb pie that lives up to its nickname. Use uncooked pieces mixed with a sweetener or blended with strawberries. Also try rhubarb crisp-like apple crisp topped with yogurt.

Nutritionally rhubarb offers vitamins A and C, is a good source of calcium and has some potassium.

Fresh rhubarb stalks will wilt if kept at room temperature, but they will remain fresh for several weeks in your refrigerator. Diced raw or cooked rhubarb can be frozen.

Word To The Wise About Rhubarb

Rhubarb stalks are edible, but the leaves and roots are toxic: They contain a high level of oxalic acid, a substance that can interfere with calcium absorption.

Rhubarb Custard

3 cups rhubarb stalks, split lengthwise and diced	1 1/2 Tbsp. flour
3 egg yolks	1 3/4 cups scalded milk, cooled
2 egg whites	1/4 tsp freshly grated nutmeg (to taste)
3/4 cup sugar	Pinch of salt

Beat egg whites and yolks separately.
Blend sugar, salt, milk, flour and nutmeg into yolks, then mix in the rhubarb.
Fold in egg whites.
Turn into a lightly buttered 9x9 pan and bake at 350 for about 45 minutes until custard is set and slightly browned. Serve with thick cream.

Bette Lacina and her partner Dale Haubrich are Enterprise Farmers at EECOFarm. Preserving and cooking with the seasons are among her many sustainable interests.

EECO Farm 2005 Events

Summer Seminars, Full Moon Parties, & The Blue Moon Ball Fridays at Five (or so) on the Farm

April

- 9 Spring Meeting of the EECO Farm Community Gardeners**
East Hampton Presbyterian Church Session Hall, Main Street. Meeting starts at 11:00 Followed by Lunch & the first meeting of the EECO Farm Advisory Council, to plan for the season.

May

- 20 Full Moon Party #1: Full Moon Mon., 5/23**
Speaker & Topic to be announced
- 27 Memorial Day Weekend:**
Coach Jun Heng Xu, Hayground School Teacher
Cooking with Fresh Bamboo Shoots

June

- 3 Peter Garnham, Cornell Master Gardener**
Garden Watering & Plant Feeding
- 10 Brian Halweil, Sr. Researcher for Worldwatch Institute**
Reclaiming Homegrown Pleasures in a Global Supermarket
- 17 Steve Storch, Local Farmer**
Biodynamics
- 24 Full Moon Party #2: Summer Solstice Full Moon Tues., 6/21**
Speaker & Topic to be announced

July

- 1 Dale Haubrich, Local Farmer**
Soil
- 8 Speaker & Topic to be announced**
- 15 Jeff Franks, Director of the Nature Lyceum**
Meta-physics and Horticulture
- 22 Full Moon Party #3: Full Moon Thurs., 7/21**
Matt Doris, Dir. of Food Services, EH School District
Topic to be announced
- 29 Mary Woltz, Beekeeper,**
Hamptons Honey Company
Bees

August

- 5 Susan McCain Friedman**
Secrets of Water
- 12 Annie Lavinio, Owner, Sag Harbor Flower Shop**
Flower Arranging
- 19 Full Moon Party #4 (on the full moon)**
Beth Collins, Executive Chef at the Ross School
Cooking with the Seasons Demonstration
- 26 Speaker & Topic to be announced**

Visit the web site for updated information!

www.ecofarm.org

Bloom - From Page 1

start,” Doiron says, suggesting a “cut-and-come-again” mix of greens that might yield four or so crops in a season.

“You just need to break a little bit of ground,” Doiron says. He harbors no illusions about the scale of his challenge. “When you’re talking about moving the Krafts, Unilevers, the whole convenience food mentality, that involves moving some pretty heavy objects. It will take a lot of little kitchen gardens to do that.”

For now, Kitchen Gardeners’ activities are low-budget and largely virtual: an electronic newsletter, articles on gardening and cooking on the web, links to relevant news from around the world. The group acquired the web domain, *www.eatrealfood.org*, which features an upbeat flash animation showing a precocious girl skipping through a Red Riding Hood-esque world where she avoids persistent junk food solicitations in favor of her homegrown carrots, peas, and other delights. Shortly after launching the site, the number of people who have signed up for the newsletter jumped past 1,000, with over 30 countries on all five continents represented. An agricultural extension worker in Lusaka,

Zambia, checks out the site “to be abreast with Agriculture Development,” and finds the information useful for both her work and home garden. One urbanite in São Paulo, Brazil, said that Kitchen Gardeners inspired her to learn about “native vegetables, fruits, the climates where they can grow, and—not much at this moment—how to cook them.”

Doiron is banking on publicity from the inaugural Kitchen Garden Day, planned for the third Saturday in August to coincide with the height of harvest period in the northern hemisphere. And while some people have greeted the idea with skepticism—“international day fatigue”—Doiron sees it as more than symbolic. February is National Snack Food month, for instance. “If they have a whole month for promoting their products, then we can at least have a day,” Doiron says.



When Doiron isn’t managing this fledgling organization, he is honing his own gardening skills and doing what he can to include his children in back-yard work. Doiron notes that gardening is a skill that largely gets passed person to person, and that the majority of people in an urban nation like the United States probably have little exposure to making pickles, planting seeds, weeding, or even the most basic garden chores.

In the fall of 2003, Doiron built a small greenhouse and made his first batch of sauerkraut, which his family enjoyed for the better part of the winter. “We tend to think of the kitchen garden as this brief explosion of vegetables,” Doiron says, who sees foods that keep well, like sauerkraut and tomato sauce, as the logical extension of gardening.

He also planted some mache and claytonia in his greenhouse, planning to pick these hardy salad greens throughout the winter. Several weeks later, he concluded that the plants had succumbed, yet another horticultural victim claimed by the New England winter. But he was hopeful about the spring. It seemed he had stumbled upon another metaphor for his work. Looking to the greenhouse, as the days got longer and warmer, Doiron was pleasantly surprised to see the same greens resurrected. “What I thought was simply dead has snapped back to life,” he says.

Brian Halweil is a senior researcher with the Worldwatch Institute. He lives in Sag Harbor, where he and his wife tend a kitchen garden and orchard. This article was adapted from his new book, Eat Here: Reclaiming Homegrown Pleasures in a Global Supermarket (W.W. Norton, 2004).

Photos by Webb Chappell for Organic Gardening. Used with permission.

Blue Moon Ball Barbeque

Save The Date!

Saturday, July 30th
Further Lane · East Hampton

Join us for a fabulous evening on a Further Lane estate.
7:00 – 10:00 PM

An elegant celebrity studded “barbeque”
followed by great music & dancing!



B. Smith & Dan Gasby Christie Brinkley & Peter Cook
Honorary Chairs of the Event

Sun - From Page 1

the surface, because they need light to germinate. Some like warmth; they will probably survive if they don't get it, but they will do much better if you indulge them. Some are slow to germinate.

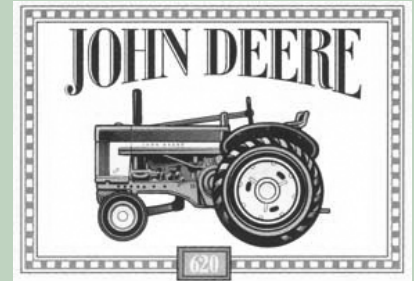
Water seeds and seedlings by standing their container in a few inches of water. Let the growing medium – remember, it's not soil, and it sure ain't dirt – absorb the moisture slowly. You'll probably need to do this about twice a week. Avoid watering from above. Afterwards, let excess moisture drain off, then put the seedlings back under the lights. Keep the lights about three inches above the plants.

If you need to thin seedlings, don't yank them out. This can fatally disturb the roots of neighboring seedlings. Instead, take a sharp-pointed pair of scissors, and snip off the unwanted seedlings at soil level. Carefully remove the snippings. Your first salad! (Joke. Maybe.)



Peter Garnham is an Enterprise Farmer at EECO Farm, growing a variety of culinary herbs, and a Cornell Cooperative Extension Master Gardener. He lives in Amagansett.

Grow The Farm



To grow the farm this season, we need to upgrade our tractor and its attachments, as well as continue to develop farm programs.

Our "Tractor Fund" has gotten off to a great start with a \$10,000 contribution from Bill & Emmie Heppenheimer.

The Evan Frankel Foundation has Donated \$2500 in support of the Farm Trail, which opens this season.

Lisa de Kooning has donated \$500 in support of the Community Gardens.

Please consider a tax-deductible contribution to support needed farm programs

- Equipment
- The Farm Trail
- Summer Intern Program
- Community Gardens
- Food Pantry Donations

Thank You!

Getting Started

Here are a few seed companies you can trust. There are others, but these will get you started.

Johnny's Selected Seeds
800-854-2580
www.johnnyseeds.com

Renee's Garden
888-880-7228
www.reneesgarden.com

Burpee Seeds
800-888-1447
www.burpee.com

The Cook's Garden
800-457-9703
www.cooksgarden.com

John Scheepers Kitchen Garden Seeds
860-567-6086
www.kitchengardenseeds.com

Baker Creek Heirloom Seeds
417-924-8917
www.rareseeds.com

EECOFarm Membership and Contribution

Your support encourages and sustains local organic agriculture

Name _____

Address _____

Phone _____

email _____

- Members are eligible to rent a 20 x 20 foot Garden Site on the Farm (\$75/year - subject to availability)
- Members receive quarterly issues of Contant Harvest, The EECO Farm Newsletter
- All members are invited to monthly Full Moon parties at the farm

Membership Levels for 2005

Individual (\$25) _____

Family (\$35) _____

Youth and Senior (\$15) _____

Friend (\$50 and above) _____

Additional Donation for Special Programs _____

TOTAL ENCLOSED _____

Please make your check payable to **EECO Farm** and mail to:

EECO FARM
P.O. Box 2550
East Hampton, NY 11937
THANK YOU FOR YOUR SUPPORT!

Spring Planetary Watch

It is not every night that one can see the sky, but when there is a clear night sky it is a treat to go out and look up. Here are some sky events to look for and be aware of this spring:

Our Thanks to: Llewellyn's Astrological Calendar, Urban Almanac edited by Eric Utne and Stella Natura Calendar 2005

Kate Plumb, an astrologer, former owner of Provisions in Sag Harbor, core staff member of EECO Farm, is in charge of sales, marketing, and managing the farm stand.

April

jump shout (laugh/dance cry/sing) for it is Spring.... e.e. cummings

- 3** DST begins at 2:00 AM EST and Jupiter opposite the Sun, rising as the sun sets and shining all night.
- 6** Mercury reappears in the east before sunrise.
- 8** New Moon solar eclipse in Aries at 4:32 PM EDT
- 12** Mercury turns direct.
- 21-23** Lyrid Meteor Shower.
- 24** Full Moon lunar eclipse at 6:06 AM EDT.
- Mars** rises early in the morning.
- Saturn** is only visible as an evening star in the southwest.

May

In "the charming month of May" when The Green Man, decked in bright tender leaves, runs widely through the woods and the Queen of the Fairies rides out on her white horse...

- 5-7** Estimated dates for the Aquarid Meteor Shower.
- 8** New Moon in Taurus at 4:45 AM EDT.
- 9** A waxing crescent Moon is in the neighborhood of Venus, with the star Aldebaran to their left at about 9:00 PM EDT.
- 13** Crescent Moon is to the left of the twin stars Castor and Pollux with Saturn just below it at about 10:00 PM.
- 23** Full Moon at 4:18 PM

- Venus** reappears early in the month in the west as an evening star and stays in the evening sky all year.
- Jupiter** is in the southeastern sky after sunset.
- Saturn** is an evening star.
- Mars** rises early morning and view Mercury before sunrise before the 27th
- Venus** is between the horns of the Bull in Taurus at the end of May.

June

We watch Juno, who gives the month her name, walk across the early morning dewy fields transforming them into fields of lush green carpet.

- 1** Mercury at superior conjunction with the sun in Gemini
- 6** New Moon at 5:55 PM
- 21** Summer Solstice at 2:46 AM Sun enters Cancer. Mercury, Venus and Saturn cluster near Gemini's bright stars. Castor and Pollux. Look low in the west-northwest just after sunset.
- 22** Full Strawberry Moon at 12:14 AM
- 25** Venus and Saturn are low in the west-northwest just after sunset. Mercury is below and to the right of Venus.
- 27** Mercury and Venus are close to one another.
- Mars** is visible in the morning sky all month.
- Jupiter** appears in the evening sky high overhead.

Thank you to all EECO Farm Volunteers

Our sincere thanks to the many, many volunteers that have added their skills, expertise, and TIME to build and grow the farm, from its rough beginnings to the wonderful community resource it has become. Your efforts have produced something lasting and truly unique for the community, your families, and yourselves.

THINK GLOBAL - FARM LOCAL.

Please call to volunteer for the 2005 season - Shel de Satnick, 329-1586



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- **Blue Moon Ball** SAVE THE DATE