



St. Mary Organic Farm

News

Aug. 12, 2010

The old elm tree

As most of you know, a July storm blew down our American Elm tree near the garden. But our beloved elm tree is still with us in the form of elm benches and soil. Look for a handcrafted elm chair next year.



Ancient Earth, our mystical mother, teach us, your children, that all things die to nourish life.

- Ed Hays

Growing up fast: Early onset puberty

The *American Journal of Pediatrics* released their latest study revealing the rise of early maturation in young girls and the probable link to the epidemic of childhood obesity.

Fat cells can trigger the production of the female hormone estrogen. Other factors, such as stress and an increase in hormone-disrupting chemicals like Bisphenol A used in many plastics, may be additional links.

This early maturation can cause health and social problem for girls. These young girls run the risk of breast and endometrial cancer.

Poor body image, lower self-esteem, early sexual activity, depression and suicide attempts are noted as issues related to this problem.

The studies were paid for by government grants initiated by the Breast Cancer and Environmental Research Centers that petitioned Congress to set aside money to research links between environmental exposure and breast cancer.

Gratitude and giving: Taste of heaven

Thank you for your donations for the Lord's Harvest Pantry in Monroe, St. Rose Seniors in Detroit and for SMOF gathering space!

You oughta be in pictures

Please send me a photo of you, your family or garden pal with your harvest vegetables and please identify people, veggies, herb or fruit. I would be glad to take your photo if you need me to.

Caring for the land, building community

Still time to plant

Plant **leaf lettuce, radishes and spinach** now for a late September harvest.

Burger alert!

Another beef recall last week. The California Department of Health notified the USDA in mid-July of a cluster of E. coli-related illnesses, leading to the recall.

Read [Valley Meat Beef Recall Prompted By E. Coli Outbreak, 1 Million Pounds May Be Affected](#)

Tofu Greek scramble

- Sautéed spinach
- Diced tomatoes
- Feta cheese (crumbled)
- Black olives
- Tofu (marinated in soy sauce and garlic then sprinkled with paprika and sesame seeds)

Scramble it in a frying pan. Enjoy!

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Welcome to our abundance!



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*Every word, deed and hidden thought
is a seed whose DNA insures
a fruit unfolding to ripe maturity
that someday will be
my life-harvest returned to me.
May it be, O Holy One, a harvest of Life.
---From Psalms for Zero Gravity by Ed Hays*

Roasted tomato basil pesto

This variation on pesto is so delightful it's amazing that it's not more common. The roasted tomato flavor is superbly highlighted by the sweet aromatic basil—but a very ripe regular tomato will work well, too.

Don't limit this pesto to just pasta; try it on pizzas and roasted potatoes, in an omelette, or over grilled vegetables. You can make an equally delicious variation by using cilantro instead of basil.

Adapted from the *Seed Savers Calendar, 1998*.

Serves 2

2 pre-roasted tomatoes or 1 large fresh tomato
2–3 cloves garlic, peeled, halved
3 tablespoons pine nuts
2 tablespoons extra virgin olive oil
1 cup fresh whole basil leaves
1/2 cup freshly grated Parmesan cheese
2 tablespoons butter, softened
salt
freshly ground black pepper

1. Combine the tomatoes, garlic, pine nuts and oil in a blender and process until just combined. Add a handful of basil and process again briefly; continue adding the basil in small amounts until all is combined.
2. Stir in the Parmesan cheese and butter and season with salt and pepper to taste.

Source: Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm

Tip for tasty potatoes

Slice Yukon Gold potatoes and soak in salted water overnight. Baste slices with roasted garlic in olive oil. Bake on cookie sheet in 375 degree oven until soft. Top with fresh rosemary.

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