



LEAF
GROWING FOR GOOD

NEWSLETTER OCTOBER 2021



a word from elaine

President of LEAF

Happy Autumnal Equinox!

It is the summer's great last heat,
It is the fall's first chill: They meet.

–Sarah Morgan Bryan Piatt

According to the Farmer's Almanac, "The word "equinox" comes from Latin *aequus*, meaning "equal," and *nox*, "night." On the equinox, day and night are roughly equal in length. After the autumnal equinox, days become shorter than nights as the Sun continues to rise later and nightfall arrives earlier. This ends with the [December solstice](#), when days start to grow longer once again."





a visit with
Sawyer
the
Stone Garden
Farm Cat

How long have you been at Stone Garden?

I've been inhabiting this little garden getup for about two years. I just wandered up, put on my little cute face, and purred my way in. You people seem to like that, so I just kept the act going. Um...did I say *act*? I meant *love*. Meow. Anyway, this garden has been a cool place to lay low. By the way, if you ever wanna discuss renaming Stone Garden, I've got a few ideas. This isn't exactly a *rock* garden, ya know.

How did you get your name?

I'd like to know this too? I mean, I already had a name. I heard one of the gardeners mention that I was named after a character in a book by Mark Twain. I think she said it was The Adventures of Tom Sawyer. What was she thinking?? I am NOT a "Tom" cat!



Who are your favorite gardeners?

I like hanging out with Mike and Alan. They're ok guys. They bring me treats and stuff, ya know—something that a few more of you should take note of.



Who are your least favorite visitors at the gardens?

The kids and the puppies all gotta go. Getting chased around is something crazy dogs like to do, not us cats. Anyway, those “cute puppies,” as you call them, like to eat my food! Especially that foxy looking puppy named Mela. She’s an annoying mongrel that is always looking for me, climbs up on the counters and licks my bowl! Maybe teach her some manners before letting her come next time.



If you could have the whole world's attention, what would you say?

People, I've got you all right where I want you 24/7. But I get it. You're wanting me to do one of those PSAs to encourage volunteering, donating, and mentoring students. You want me to convince people to live sustainably, protect the environment, and help families that don't have enough to eat. I'm sure I can put something together for you. But first, tell me more about these *food* banks?



SAWYER SPEAKS

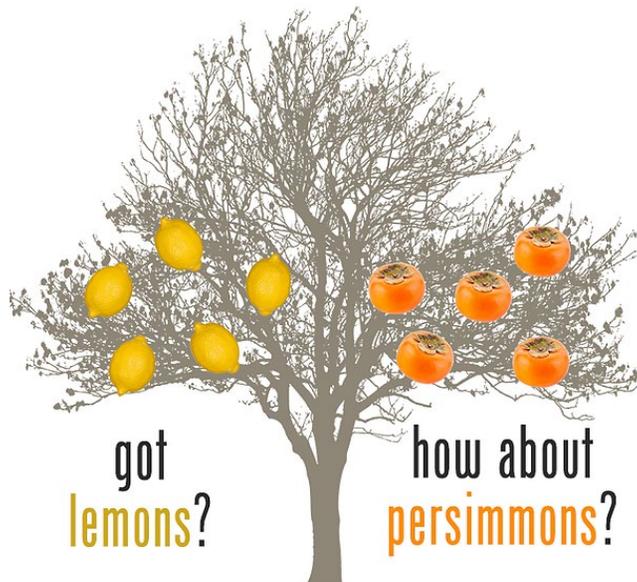
insights from a farm cat



VIDEO LINK: <https://www.youtube.com/watch?v=WcJWE9KPr8o&t=1s>



What's New?



Contact the **GLEAN TEAM**

We are partnering with the [NEW Garden Farms](#) who will come to your home, glean your trees and then take your fruit to the Tri-City Food Bank. Contact them at info@newgardenfarms.org to arrange a gleaning time.



Rebecca's

TIPS FOR SUSTAINABLE LIVING



I'm always looking for ways to live more sustainably, especially by reducing the number of chemicals in my house. About 16 years ago, I read about using baking soda for cleaning so I thought I'd give it a try. I have never looked back. I have been using baking soda alone or in combination with vinegar to clean everything from toilets, tubs, sinks/drains, oven/stove/hood, tops of cupboards (where the greasy dust collects), pots and pans, and microwave ovens.

All you need is a sprinkle of baking soda, a reusable rag or a green scrubby, and a little elbow grease, then rinse. After which you can lightly sanitize the area with a vinegar spray or your favorite disinfectant. You can also use baking soda in washing machines and dishwashers as a detergent or in refrigerators and trash cans to reduce odors. Check out [Cleaning uses for Baking Soda from The Spruce](#) for details. I love using baking soda because I get such good results plus there are also no harsh synthetic chemical smells (think oven cleaner), and best of all, it comes in a cardboard box.



Tips for Your Garden



LEAF Gardener deadheading and reseeding the garden with pollinator flowers.

OCTOBER

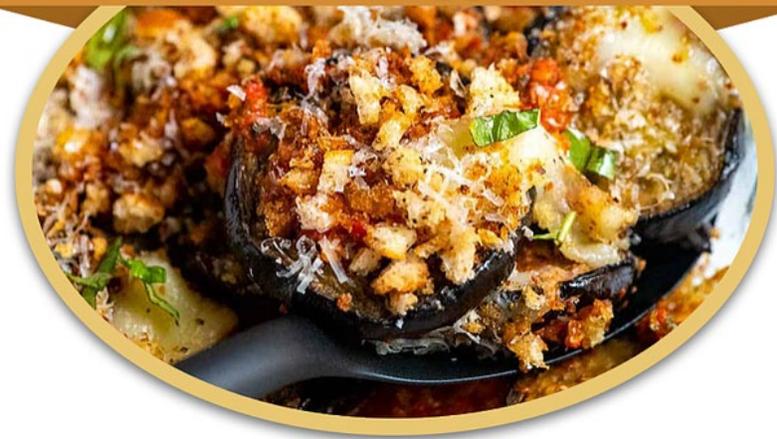
- **Continue harvesting** summer fruits like eggplants, peppers and other veggies
- **Clean up** crop, plant and flower debris; to reduce insect habitats and diseases, then compost
- This is a good time to **plant**:
 - Winter veggies like brassicas, lettuce, green onions, potatoes, peas
 - Cover crops such as fava beans
 - Spring bulbs like daffodils, hyacinths, grape hyacinths, etc.
 - Perennials, California Natives, shrubs and trees
- **Cut back** woody perennials about 1/3 of the size of the plant
- **Stop fertilizing**. Cut back on water usage as temperatures decrease.



Get Cookin'!

OUR FAVORITE RECIPES

Crunchy Panko Eggplant Skillet



Ingredients:

- ½ cup panko breadcrumbs
- 1 tbsp garlic powder
- 2 tbsp butter or ghee
- 1 large or 3 small eggplants, sliced ½ inch thick
- 8-10 medium sized tomatoes, quartered
- 1 jalapeno or serrano pepper, remove stem & seeds (optional)
- 1 tbsp Italian seasoning
- 1 tsp sugar
- ½ cup shredded mozzarella cheese
- ¼ cup parmesan cheese
- Several sprigs of fresh, chopped parsley
- Salt, Pepper
- Olive Oil
- Basil leaves (for garnish)

Directions:

- Melt butter/ghee in a large pan over medium-high heat. Add panko and garlic powder. Cook for 2-3 minutes until golden and toasted. Turn off heat. Season with salt and pepper, then transfer to a small bowl. Wipeout pan.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Add eggplant and season with salt and pepper. Cook eggplant until skins turn shiny purple and the center is toasted and slightly softened, 4-6 minutes. Flip eggplant and cook for another minute. Turn off heat and transfer eggplant to a plate. Wipeout pan.
- Put tomatoes and pepper into the blender, puree into a sauce.

- Heat a large drizzle of olive oil in the same pan used for eggplants, add tomato sauce, sugar, Italian seasoning, salt and pepper. Simmer until the sauce is reduced to $\frac{1}{3}$ its original volume. Turn off heat.
- In the pan with the sauce add mozzarella, eggplant, parsley and panko. Garnish with basil.



ATTENTION! ATTENTION!

Our Talkin' Dirt webinars are now held on the first Wednesday evening of every month. Join our next webinar on **Wednesday, Sept 6th** from **7pm to 8pm**, hosted by Master Gardener Volunteers, Guy and Michele, along with Rebecca from LEAF. Click the icon below to register TODAY!

Afterward, stay glued to our [LEAF Blog](#) as Rebecca answers more of your questions from the webinar, plus any gardening and recycling questions you may have.





Device Wallpaper

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WALLPAPER
Click or tap to view and save full-size image.

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SILENT AUCTION

One of the great aspects of being in the business of helping others is that we get to encounter other organizations and individuals who are equally driven by the love they have for the people in our community. Washington Hospital is one such organization whose name is synonymous with the wonderful work they do.

Now through October 11th, you can participate in a special silent auction whose proceeds benefit their Acute Rehab Center. Items up for bid include vacation stays, wine packages, custom artwork, and more. Just follow [THIS LINK](#) and sign up to participate today!



LEAF

**PRODUCE DONATIONS AS OF
September 27, 2021**

4,345 LBS



Your generosity is greatly appreciated.

