



# Harvest Line



Executive Director: Susan Grove \* Farm Manager: Asher Burkhart-Spiegel \* Farm and Program Manager: Wendy Burkhart-Spiegel

## Connecting Food, Farm, and Community

*Celebrating a decade of exploring how food matters...*

- For well-being
- For stewardship
- For justice
- For celebration

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### It's a good time to volunteer - we need extra help right now!

Volunteers are welcome to drop in to help out in the fields the following times:

- Tuesday and Thursday harvests: 7 to 10 am
- Wednesday meditation garden tending: 4 to 6 pm
- Saturday harvest: 6:30 to 9:30 am
- Saturday field work: 10 am to 1 pm.

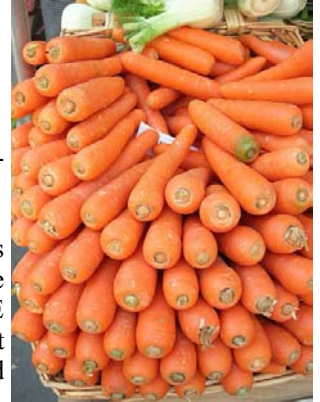
### Send us your Recipes, Farm Reflections, and Photos

This newsletter welcomes contributions from its members. Send your recipes, photos, book reviews and short articles (300 words max) on the PFP or agricultural related topics to [pfpgrowinggirls@gmail.com](mailto:pfpgrowinggirls@gmail.com).

## Help Fill the "Carrot"

Help "fill the carrot" as part of the PFP's fundraising matching campaign!

The PFP Board has generously pledged up to \$8,000 to match gifts received by the PFP between now and early fall. Gifts of any size are welcome. During this short time period your gift will DOUBLE in its support of PFP's education and food justice programs that spread knowledge about food and farming and access to healthy food for all.



We have already raised nearly \$2,000 (or a total of \$4,000) toward our goal - many thanks to all who have contributed!

Help us reach our goal by filling the fundraising carrot at distribution, sending in a check, or even paying online via a link from our website! Thank you for your support.

## Ticket Sales Contest for the 10th Anniversary Quilt Raffle



If you appreciate handcrafted quilts, consider purchasing some raffle tickets for the beautiful 10th anniversary quilt made by PFP member Rebecca Wisniewski. The drawing will be held at Soup-a-Bowl on September 12th. Tickets are available for \$2 each or 3 for \$5.

If you like selling things in support of a great cause, between now and September 8, there is a contest on for raffle ticket sales! Prizes will be awarded to the top three ticket sellers - first prize will be a jar of PFP honey (anticipated to be a scarce product in 2009!), second prize a PFP water bottle and third prize a PFP shopping bag. If you are interested in helping sell tickets, contact Rebecca at [rwisnski@verizon.net](mailto:rwisnski@verizon.net) or 845-462-3495 to receive a supply.

Happy 10th Anniversary



**Recipe Corner:****Baked Eggplant with Mushroom & Tomato Sauce**

by Rose Clary-Droge



- 1 large, peeled eggplant (1- ¼ #) cut into ¼ inch thick slices
- Cooking spray
- 1 c. chopped onion (1 large or more)
- ½ tsp. dried Italian seasoning
- ¼ tsp. salt

- ¼ tsp. black pepper (divided)
- 2 garlic cloves, chopped fine
- 1 (8 oz) package pre-sliced mushrooms OR Substitute
- 2 large zucchini (sliced thin), plus mushrooms(optional)
- 1 (8 oz) can no-salt-added tomato sauce, divided (or substitute your own marinara sauce)
- 1 can artichokes (optional)
- 2/3 c. (3 oz) shredded part-skim mozzarella cheese (divided)
- ¼ c. (1 oz) grated fresh Parmesan cheese
- Pasta of your choice (I use spaghetti)

**Instructions:**

Preheat broiler. Arrange the eggplant slices on baking sheet coated with cooking spray; broil 3 min. each side or until lightly browned; set aside. Preheat oven to 375 degrees. Heat a large nonstick skillet coated with cooking spray over medium heat. Add onion and next 5 ingredients (onion through mushrooms/zucchini). Cover and cook 7 min. or until tender, stirring mixture occasionally. Increase heat to med-hi; uncover and cook 2 min. or until liquid evaporates.

Spread half of zucchini/mushroom mixture in bottom of 1-1/2 qt. baking dish coated with cooking spray. Arrange half of eggplant slices over mushroom/zucchini mixture. Top with ½ cup tomato sauce (or marinara) and 1/3 c. mozzarella. Spread remaining mushroom mixture over mozzarella. Top with remaining eggplant slices. Spread tomato sauce or marinara over slices. Cover and bake at 375 for 1 hour. Remove from oven; then sprinkle with 1/3 c. mozzarella and parmesan. Return to oven. Bake, uncovered, 5 min. or until cheese melts. Let stand 10 min. Serve pasta on the side (if desired). Makes 4 servings; Recipe can be doubled.



# Announcements

**Mark your calendars for our next Main Event at the farmers' market:**

**On Friday, September 11, 2009** at 12:00 noon join friends at the Poughkeepsie Main Street Farmers' Market for the HARVEST & ART event! The terrible memory of 9/11 hasn't trumped the need to express oneself in art, or to celebrate the summer's bounty. Swingsters Suzie Deane & the Deane Machine will help us get off on the right foot. Also featuring the colorful displays of local artists who will kick off a weekend of celebrating food and art in connection with the annual Soup-a-Bowl fundraiser (on Saturday, September 12).

Performances made possible through the support of:



## Soup-a-Bowl Tickets on Sale Now

Tickets will be sold at the PFP each Tuesday from 4 pm to 7 pm, each Saturday from 9:30 am to 12:30 pm and at the Main Street Farmers' Market each Friday from 10 am to 3 pm. Get your ticket today before prices go up on September 1st!

In addition to a delicious soup luncheon and your own pottery bowl, Soup-a-Bowl 2009 will feature the Deane Machine - a jazz / swing quintet comprised of Susie Deane on guitar and vocals, Alex Ferguson on trombone and vocals, Pete Redmond on bass and vocals, Michael Estin on keyboards, and Rob Snyder on drums. The Deane Machine is dancers playing for dancers, so they know what you need to hear!



Mid-Hudson Children's Museum, Poughkeepsie

Tickets are available at:  
soupabowl@farmproject.org  
or 845.380.7216

Proceeds to benefit the  
Poughkeepsie Farm Project's  
Food Share Program - [www.farmproject.org](http://www.farmproject.org)



Invite your friends and neighbors to this fun event in support of an important cause - healthy food for all!



## Summer Shares Coming to an End...but Fall Shares Are Starting!

Even though it feels like we are in the height of summer, the last pick ups for summer shares are 8/25 (Tuesday) and 8/29 (Saturday) and the first pick ups for fall shares are 9/1 (Tuesday) and 9/5 (Saturday).