

## FROZEN MOJITO

Recipe from [www.allrecipes.com](http://www.allrecipes.com).  
Prep Time: 5 Mins 4 servings

"Mojito's made cool and easy. Very nice on a hot summer night!"

### INGREDIENTS:

1 (6 ounce) can frozen limeade concentrate  
8 (1.5 fluid ounce) jiggers rum  
1/2 cup fresh mint leaves  
1 tray ice cubes

### DIRECTIONS:

Place the lime juice concentrate, rum, mint, and ice cubes into the container of a blender. Cover and pulse briefly to get started, then process until smooth. Pour into 4 cocktail glasses.

*Cut along dotted line for 3x5 recipe card*



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### UPCOMING EVENTS

*(complete details at [www.accokeek.org](http://www.accokeek.org))*

#### Remember to RSVP for the Summer Solstice Celebration by June 17th.

##### BUILDING A RAIN GARDEN

Saturday, June 14, 2008, 9-11 a.m.,  
\$15 Non-Members, Members Free, Rain or Shine  
Led by our horticulturist, Alexia Savold, you'll learn the different factors to consider when designing a rain garden such as cost, plant species, necessary tools.

##### NATURE NUTS

Tuesday, June 17, 2008, 11 a.m.-Noon, Rain or Shine, \$6.00 Non-Members, \$5.00 Members, Ages 3-5, Registration Required  
This fun-filled hour of exploration at the National Colonial Farm's Museum Garden is the perfect setting to learn about the wonders of nature.

##### PLANT IDENTIFICATION WALK

Saturday, June 21, 2008, 9-11 a.m., Light Rain or Shine, \$2.00 Non-Member, Members Free  
Walk with a Maryland Master Gardener down the Bluebird and Paw Paw Trails, and learn about the different plants common to Maryland.

##### COLONIAL FOODWAYS

Saturday, June 21, 2008, 10 a.m.-4 p.m., \$2.00 Non-Members, Members Free  
Join costumed interpreters as they demonstrate preparation of foods, representative tobacco growing families in the late 1700s in Prince George's County.

# FIELD NOTES

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Yes, more rain this week, and you may have noticed the slight change in outdoor temperatures and humidity.

**What's In (in the fields):** Peppers, basil, summer squash...and more rainwater!

**Garlic Scapes:** These make fantastic eating! Garlic scapes are the flower stalk we cut off when it squiggles like a pig tail. This directs the plant's energy back into the bulb. (Some growers claim that while leaving the scapes on may sacrifice size, the mature bulb stores longer.) Either you get garlic in the spring or later in the winter. Personally, I like my scapes.

**If in doubt... call:** Please call the SHARE voicemail (301.283.2113 ext. 38) for announcements regarding pickups, cancellations, and the like. This line is for announcements only. If you'd like to leave a message, call ext. 23, or reach us by email or by cell.

**Any interest in switching?** We're looking for two Monday SHARE holders interested in picking up on Thursdays. There are a couple of people interested in going the other way, and we'd like to keep our harvest days balanced.

### THIS WEEK'S HARVEST

*(or what's out of the field)*

#### Salad Mix

#### Greens and Reds

#### Garlic Scapes

**Radishes:** have cancer-protective properties, vitamin C, the greens contain calcium and protein.

**Turnips:** vitamin B6, E, C, the greens are a contain vitamins A, B6, C, E and more.

**Beets:** source of dietary fiber, vitamin C, potassium and more.

#### Mint

#### Cilantro to take

Along with my electricity, I lost most of the food in the fridge this week, including some very good fresh milk. No flushing and no showers, either. No air conditioning. Perhaps some of you went without, too. Inspired by this week's loss of "electricity," I give you the short-version of the story of Bill Mollison, in his own words. In the early 1970s, Mollison and a student named David Holmgren articulated a method for designing systems based on environmental science and ecological principles. He coined this design "Permaculture", a contraction of the words "permanent" and "agriculture", with an emphasis on the "culture". I hope you find it interesting... let me know what you think.



Bill Mollison, "father" of Permaculture (photo from [www.tagari.com](http://www.tagari.com))

"As a child I lived in sort of a dream, and I didn't really awaken until I was about 28 years old, I spent most of my early life working in the bush or the sea, and it wasn't until the 1950s that I noticed that large parts of the system were disappearing."

"First fish stocks became extinct. Then I noticed the seaweed around the shorelines had gone. Large patches of forest began to die. I hadn't realised until those things had gone that I'd become very fond of them; that I was in love with my country."

"I sort of pulled out for a while in 1972. I cut a hole in the bush, built a barn and a house and planted a garden, gave up on humanity. I was disgusted with the stupidity of the University, the research institutions, the whole thing..."

"I knew that I needed to convert the principles of environmental science into directives for planning. A thing I find extremely eerie is that when

people build a house, they almost exactly get it wrong. They don't just get it partly wrong, they get it *dead* wrong."

"For example, if you let people loose in a landscape and tell them to choose a house site, half of them will go sit on the ridges where they'll die in the next fire, or where you can't get water to them. Or they'll sit in all the dam sites. Or they'll sit in all the places that will perish in the next big wind."

"But then, at least half of every city is wrong. From latitude 30 degrees to latitude 60, say, you've got to have the long axis of the house facing the sun. If the land is cut up into squares, that makes half of all houses wrong if they face the road. Even houses way in the country, and way off the road, face the bloody road. And from there, you just go wronger all the way."

"One of the great rules of design is *do something basic right*. Then everything gets much more right of itself. But if you do something basic wrong - if you make what I call a Type 1 Error - you can get nothing else right."

"There are a few societies that show signs of having been very rational about the physics of construction and the physics of real life. Some of the old middle-Eastern societies had downdraft systems over whole cities, and passive, rapid-evaporation ice-making systems. They were rational people using good physical principles to make themselves comfortable without additional sources of energy."

"But most modern homes are simply uninhabitable without electricity - you couldn't flush the toilet without it. It's a huge dependency situation. A house should look after itself - as the weather heats up the house cools down, as the weather cools down the house heats up. It's simple stuff, you know? We've known how to do it for a long time." (from *An Interview with Bill Mollison*, [www.context.org](http://www.context.org))

Be Great,  
Mike