

Dear patron,

I had my first wild huckleberry experience at Walden Woods the other day on a walk back from a dip in 100-foot deep, glacier-created Walden Pond. The entire walk was inspiring, and I'm sharing a poem and some photos below from several recent walks. Speaking of wild, over the next year or so, we hope to do **a lot** more with wild and local foods. I'm inspired from seeing the documentaries "**Fresh**" and "**Ingredients**" and, of course, my regular reading of Henry David Thoreau.

I'm currently reading "**Wild Fruits: Thoreau's Rediscovered Last Manuscript**" which is a fitting read from late spring through early fall, as an inspiration to go a-strawberrying, a-blueberrying or a-walnutting; "*The final harvest of our great nature writer's last years, Wild Fruits presents Thoreau's distinctly American gospel — a sacramental vision of nature in which the tension between Thoreau the naturalist and Thoreau the missionary for nature's wonders invigorates nearly every page.*" (Barnes & Noble, Time)

What inspires me the most is Organic Garden's own team leader Jason Long's efforts to consistently keep the OG supplied with an abundance of produce from local farms: **First Light Farm** <http://www.firstlightfarmcsa.com/> and **Green Meadows Farm** <http://www.gmfarm.com/>, both located in Hamilton, MA, and our newest addition from West Newbury, **Long Hill Orchard**. We visit many other local farmers markets and are always on the lookout for the freshest ingredients — greens, kale, basil, tomatoes (including heirloom varieties), cucumber, carrots, beets, zucchini, onion and more!

Jason was also instrumental in getting the OG in regular attendance with a vendor booth at the **Farmers Markets in Salem (Thursdays) and Beverly (Mondays)**, where we are selling Organic Garden's very own prepared foods (pesto, hummus) and dehydrated goods (kale chips, onion rings, granola, nut and seed snacks).

This fall and winter, we plan to do a lot more with seasonal root vegetables, butternut and acorn squash, and steamed brown rice and quinoa. We are also looking to carry locally grown nuts — walnuts, hazelnuts, mokernuts, pignuts and chestnuts. Who knows, maybe we'll even experiment with acorns!

While we continue to explore additional ways to support our local community, partner with farms and foragers, and participate in other sustainable business practices, such as our 100% composting program (over 50 gallons a week to local farm Green Meadows) and recycling and green energy, **we remind you how important your regular patronage is to OG's success**. Our customer base is always expanding, but we are also finding that people are cutting back on the frequency of their visits. So please keep us in mind and visit often.

May you truly "live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each." (Henry David Thoreau, "Huckleberries")

Rawbert and the always green OG Team

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"Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wilderness is a necessity; and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but fountains of life." (John Muir)

Organic Garden's weekly local special

Lovely Lasagna

layered with:

Zucchini 'Pasta' (fresh picked from Green Meadows Farm in Hamilton, MA. First Light Farm also grows our tomatoes and basil)

Almond Ricotta (soaked blanched almond, sunflower seed, brazil nut, Kalamata olives, extra virgin olive oil, lemon and seasonings)

Sun-dried Tomato Marinara (with **local** tomatoes, extra virgin olive oil, fresh local basil, soaked raisins and seasonings)

Pesto (walnut, brazil nut, **local** basil, miso, olive oil, lemon and garlic)

With a final touch of basil oil

Of Toads and Huckleberries by Rawbert

**Toad picks a perfect spot
He's camouflaged on the rock
With pine needles and moss
Even a small tree clings to the rock
just off the beaten path**

**He is so very still
as I view him from the top,
where a white stripe shoots up
from his bottom to his brow
His eyes do NOT quiver,
Though from underneath I see his throat, it does**

**Indeed this toad is in samadhi (concentrated meditative absorption)
Aware of absolutely every detail,
He must see me writing
He must hear the birds, see the ants
He feels his breath enter his tiny nostrils,
his only other moving part**

**I ponder how he spends his time
and what his day is like
Is he waiting for his lunch?
And does he visualize it coming
Or is he merely allowing his day to unfold
moment by moment?**

**I also wonder how did he construct the little pine thatched hut
that hides and shelters half his body?
And if it is a favorite spot?
Will he come back to this rock?
Or was it merely his toadness
that caused him to build this tiny shelter for just this hour?**

**So I'm compelled to join him
Intrigued by his still nature
Captured by the beauty of this moment
Magnetized to the surface of this 2 ton boulder**

**My life is so complicated
I make up that his life is simple
I feel stirrings, hear the call
"Return to nature"
"Give up striving, walk and sit (in stillness) more"**

**And so for now, I sit with the toad
Entraining with his stillness
Allowing thoughts to subside...**

**... After some time, as I leave the forest toad I think,
"I'm glad that I can be mesmerized so easily,
Astonished by a toad on a simple walk in the woods"
I know that amazement is both the path of the mystic,
the way of a Zen master and of children**

**Thoreau said, "My thoughts expand and flourish most on this barren hill..."
I read this now passing Bear Garden Hill in Walden woods?
My thoughts too are expanding (or are they contracting?)
My taste buds are flourishing!
For Bear Garden Hill is not barren!
It is the end of July and I am finding wild blueberries
And another small dark blue berry, ___
I believe I am having my first huckleberry experience!**

**Perhaps this new flavor will awaken something dormant inside,
a new insight or maybe a memory of a past life, ___ as Thoreau!
Maybe this deep blue color will expand my consciousness
Take it away from my own struggle
And fix it always on the joy of serving others**

**I know this journey is far from over
And I but a pilgrim today as every day
Looking for the signs
Accepting the gifts
Amazed at the sights and serendipitous events along the way
Maybe this toad is sign or a teacher?
This huckleberry? Surely a gift or even a messenger
The forest trees and clouds, a most excellent way to beat the heat
The foot of the tree, a perfect seat**

**Again I have stopped to still my mind, my eyes are closed, until ...
STARTLED!
Something has fallen one foot in front of me with a slap to the ground
An unmistakable sign that it is time to move on
Maybe a thunderstorm is coming
Or someone is in need...**

RECIPES

At this time of the year, I'm often on the fly and love eating simple salads with seasonal greens, including arugula. I whip up the below recipes in about a minute, adding some pesto to the salad on an Organic Garden raw bagel, along with some avocado and heirloom tomatoes.

Simple Balsamic Dressing:

1P balsamic or apple cider vinegar
2P oliveoil
Italian seasoning or black pepper
Splash of nasha shoyu or pinch of sea salt
Optional splash of agave or maple syrup

You can make just 2 ounces for 1 salad to go, or shake it in a small jar.

Simple Caesar (mix in a jar by hand, fork or spoon)

4 T Veganaise* (or raw cashew cream*, alfredo or sour cream recipe)
2 T mustard
2 T lemon juice
1 T olive oil
1 to 2 T nama shoyu
2 tsp nutritional yeast
1/2 tsp Italian seasoning

*You can also blend all of the ingredients, except Veganaise, but with 2 T of raw cashews and 2 T of water.