

Ecological Culture Initiative

Restoring Good Ground • *Sowing Seeds of Change*

Hampton Bays NY • 631.268.4166 • info@eciny.org • eciny.org

ECI Newsletter - Summer 2019



Good Ground Heritage Garden Groundbreaking

Saturday, November 25th, 2017
St. Joseph Villa • 81 Lynn Ave, Hampton Bays, NY

Help us protect the natural beauty & neighborhood culture we love for generations to come!

We in Hampton Bays are deeply fortunate that our hamlet possesses a rich ecosystem, cedar shingled homes, and local businesses. These features create our sense of place and identity.

The slow erosion of these subtle gifts by increased population density has come at a price: the pollution of our water, the death of trees, the loss of biodiversity, and the rise of tick-borne diseases. As community members, we know we are part of the problem and feel frustration at the slow pace of change. Part of the solution, the **Ecological Culture Initiative** launches simple local projects that result in secure, incremental change.

ECI Initiatives

- Organic Farm-to-Table Dinners
- Good Ground Heritage Garden
- Good Ground Seed Library
- Good Ground Farmers Market
- Wellness
- The Eco-Shack!
- Pollinator Project
- Film Screenings & Community Events
- Internships



Organic Farm-to-Table Summer Lunch

Tuesday, August 27th, 2019
12 Noon @ the Good Ground Heritage Garden
81 Lynn Ave, Hampton Bays, NY

Join ECI for a mid-summer outdoor garden tour & lunch featuring produce from Good Ground Farmers Market vendors, prepared by Chef Robyn Diederiks. Proceeds benefit the Good Ground Heritage Garden.
Price: \$40 per member • limited to 45 members
Tickets → eciny.org/lunch

You are what you eat, and the best way to know the quality of what you are eating is to base your consumption habits on where you live.

Our next **Organic Farm-to-Table Lunch** takes place on August 27th, 2019 🍴 limited to 45 members of ECI 🌱 ECI will provide all food, which will be organic and vegetarian (with vegan options), prepared by Chef Robyn Diederiks of Robyn's Kitchen. Any milk, cheese, and vegetables will be locally sourced. There will be water, kombucha, and wine glasses available, and you are welcome to bring a beverage of your choosing.

We work with neighborhood food purveyors and culinary experts to provide healthy meals that are organic and sourced locally, because our own health is directly related to the health of our ecosystem. Learn more → eciny.org/lunch



Good Ground Farmers Market



ECI, with the generous support of the Hampton Bays Fire Dept and BNB Bank, has brought a new farmers market to Main Street in Hampton Bays! 🌻

The **Good Ground Farmers Market** is held at 84 West Montauk Highway (across from the HB Fire Dept) on Thursdays from 3 - 7 pm, from May 23rd through September 5th!

The market features all locally grown, caught, and hand-prepared products. Do all your shopping in one place while supporting local farmers, fishermen, and crafters. We also have non-profits, live entertainment, & crossing guards. After shopping, the Thursday evening concert series in the Good Ground Park is just a short walk away!

Visit → eciny.org/GGFM

Market Mission

- Provide an opportunity for local farmers, fishers, food producers, and artisans to sell their wares directly to the customer
- Building community by providing a healthy way to gather and connect on a regular basis
- Educating patrons with practical ways to maintain the connection with the sources of their food
- Providing a venue for local non-profit organizations to connect with community members
- Help fill the growing demand for fresh, locally grown and prepared foods
- Promote economic development in Hampton Bays and on the East End

Participating Vendors & Organizations

- Aki's Kitchen
- Atlantic Marine Conservation
- Bobo's Mountain Sugar
- Catch of the Day
- Ecological Culture Initiative
- Goodale Farms
- Healthy Homestead Hostess
- Le Fusion
- LuLu Knits
- Milla's Puffs
- Misooks Ginger Tea
- Modern Primal Soap
- Nuna Knits
- Open Minded Organics
- Peck's of Maine
- Pipini Breads
- Robert's Bakestand
- Solemate Cakes
- Southampton Animal Shelter
- Sweet Woodland Farm
- The Family Grubb Hubb
- The Perfect Pickle
- The Spice Cabinet
- The Witching Well
- Turmeric Store
- Twin Stills Moonshine



Good Ground Heritage Garden

The **Good Ground Heritage Garden** at St. Joseph Villa provides community members with the opportunity to learn hands-on organic gardening skills. The delicious, vitamin-rich, fresh herbs and vegetables are harvested from the garden and donated to local food pantries in Hampton Bays. Organic, heirloom variety seeds are collected from the garden, processed, and made available to the public for free through the Good Ground Seed Library. Visit → eciny.org/GGHG



Daphne Shuttleworth and Doria Hughes planted the first Paw Paw trees at the Good Ground Heritage Garden on July 1st. Paw paw trees produce the largest edible fruit native to North America, and have a flavor similar to banana, mango, and pineapple.



“In 2017- 2018, I attended ECI’s organic gardening workshop series. Since then, I have volunteered at the Good Ground Heritage Garden at St Joseph Villa, the Good Ground Seed Library at the Hampton Bays Public Library, and the ECI table at the Good Ground Farmers Market in downtown Hampton Bays.

Taking part in these activities has truly enriched my life: my perspectives as a local gardener (growing food responsibly and sustainably) and learning about the local environment (including permaculture, soil, pollinators, worms) brought me so many new friendships and connected me to the community in a ripple effect that continues to this day!” – **Daphne Shuttleworth**, ECI Volunteer





Good Ground Heritage Garden @ St. Joseph Villa
Fall 2018 Harvest

organic · locally grown in Hampton Bays, NY
[Learn More → eciny.org](http://eciny.org)

Good Ground Heritage Garden: Organic, locally grown food for the community by *Rachel Stephens*

The Ecological Culture Initiative is proud to offer fresh, organic, locally grown vegetables to the food pantries of Hampton Bays. We are growing heirloom variety produce in the Good Ground Heritage Garden located at St. Joseph Villa in Hampton Bays and providing healthy, fresh food to community members in need. Often, food pantries give out high sodium and over-processed foods; however it is our mission, with the help of local volunteer groups, to grow and distribute vitamin-rich, delicious, fresh vegetables and herbs to those in need.

The Good Ground Heritage Garden space is currently 60' x 120' and contains 6 hugelkultur beds made by our Organic Gardening students and volunteers. In November we made a delivery of potatoes, onions, and garlic to the St. Rosalie's Church Community Food Pantry in Hampton Bays. The need for fresh food was evident as it was realized that this is a very active food pantry.

In the next growing season, with the help of scout troops and other volunteers, we will build wood-sided raised beds in order to increase the amount of produce grown. We plan to grow high yielding varieties such as plum tomatoes, beans, hot peppers, and a large variety of greens.

Seeds from the Good Ground Heritage Garden are collected, processed, and saved for the Good Ground Seed Library, another one of ECI's initiatives. Our seed library is located in the Adult Reference section of the Hampton Bays Public Library. Here, individuals can take up to 5 packets of seeds per month, for free, to grow in their home gardens.

The Good Ground Heritage Garden provides an opportunity for community members to volunteer and learn how to grow their own food, which they could then use to start their own garden at home. Community service hours are available as well. Please contact ECI if you are interested, we'd love to see you in the garden!

Meet Chef Robyn Diederiks



ECI works with neighborhood food purveyors and culinary experts to provide healthy meals at our **Organic Farm-to-Table Dinners**. We are grateful to Chef Robyn Diederiks for preparing our Summer Solstice Dinner on June 21st and Summer Lunch on August 27th.

Chef Robyn Diederiks grew up in Montauk, New York, the land of fresh seafood and good surf. Taking her mother's passion for cooking and her father's dedication for success, she created Robyn's Kitchen, a personal chef service for the east end of Long Island.

Learn more → eciny.org/lunch




Good Ground Seed Library


Hampton Bays Public Library
52 Ponquogue Ave
Hampton Bays, NY

A Seed Library in the Hampton Bays Public Library!
Community members are able to procure and donate organic vegetable and native plant seeds for free as a public benefit.
Learn more → eciny.org/good-ground-seed-library

Located in a vintage card catalog in the reference section of the Hampton Bays Public Library, the **Good Ground Seed Library** enables community members to procure organic vegetable seeds for free as a public benefit. Establishing a seed library is an important step in developing a network of community based seed savers who create locally adapted plant varieties, increase biodiversity, and mitigate the loss of plant gene integrity due to the genetic engineering of commercially produced seeds and plants.

 **Volunteers Needed!** The seed library is in need of volunteers. Please contact ECI's President & Agro-Ecology Director Rachel Stephens if you would like to help → rachel.stephens@eciny.org



Film Screenings! Recently, ECI and the Southampton Arts Center hosted a free Earth Day screening of **Normal Is Over 1.1** with over 100 attendees! After the screening, a Q&A session was held with the filmmaker Renée Scheltema 

Learn more about our film screenings and community events → eciny.org/movie

ECI Apprenticeship/Volunteer Opportunities



Good Ground Heritage Garden at St. Joseph Villa

We are looking for enthusiastic and energetic individuals interested in learning permaculture techniques and small-scale, bio-intensive, organic farming practice. Work will mostly be outdoors in the sun and sometimes in the rain. Work includes some heavy lifting and digging. Applicants must not be allergic to bee stings. Duties will include: soil, compost, and garden bed preparation; planting; weeding; watering; and harvesting of vegetables and herbs. Coordinate drop-off of produce harvest to local food pantries. Assist in beehive inspections and management.

Good Ground Farmers Market

We are looking for individuals interested in helping to coordinate and manage the Farmers Market and ECI booth. Volunteers are asked to be courteous, look presentable, be able to work as a fundraiser, and communicate the mission of ECI. The market schedule is Thursdays, 2 - 8 pm, including setup and breakdown time. Duties will include setup and breakdown ECI tent, tables, signage, and displays.

Good Ground Seed Library

We are looking for individuals to help maintain the seed library. Volunteers will help sort and process collected seeds for restocking the seed library during the fall and winter months. Duties will include: separating seeds from the husks; labeling, stuffing, and cataloging seed packets; and checking the seed library weekly for tidiness.

Organic Farm-to-Table Dinners

We are looking for skilled volunteers to help prepare and serve plant based, locally sourced meals to approximately 45 guests during our farm-to-table dinner and lunch events. Celebrated during the equinoxes and solstices, the dinners are served to ECI guests. Volunteers are asked to look presentable and to be able to keep up with a fast pace for the duration of the meal. Duties may include: setting up and breaking down of the dining area, assisting the chef with food preparation, serving and clearing plates, and helping with kitchen clean-up.

Applicants should send a brief letter of interest and include any experience and related skills and abilities. Please email info@eciny.org or mail your letter of interest to ECI at PO Box 1035, Hampton Bays, NY 11946

We look forward to working with you!

Become a Member of ECI!

A contribution to ECI supports our efforts to build our ecology-based education program, to assure that Hampton Bays remains a vibrant community, is provisioned by community based organic farms and gardens, encompasses a main-street neighborhood lined by quaint homes, undeveloped woodlands, marsh-fronted properties, and healthy waterways – the essential keystones to our economic and physical health.

ECI Membership starts at \$10/year, and includes invitations to our **Organic Farm-To-Table Dinners** at the historic St. Joseph Villa and gardening workshops at the **Good Ground Heritage Garden**.

We welcome checks payable to the "Ecological Culture Initiative" sent to "PO Box 1035, Hampton Bays, NY 11946" or contribute on our website, which offers options for Credit Card, PayPal, Apple Pay, and ACH Electronic Bank Transfers → visit eciny.org/donate ❤️

The Ecological Culture Initiative is a 501(c)(3) nonprofit organization. Donations are tax deductible to the full extent permitted by law.

Donor Information (please print or type)

Name _____

Billing Address _____

Phone _____

Email _____

Signature _____

Date _____

Choose Amount

\$1000 - Steward

\$500 - Ecologist

\$250 - Environmentalist

\$100 - Naturalist

\$25 - Explorer

\$10 - Member

Other _____

Volunteer With ECI?

Good Ground Heritage Garden

Good Ground Farmers Market

Good Ground Seed Library

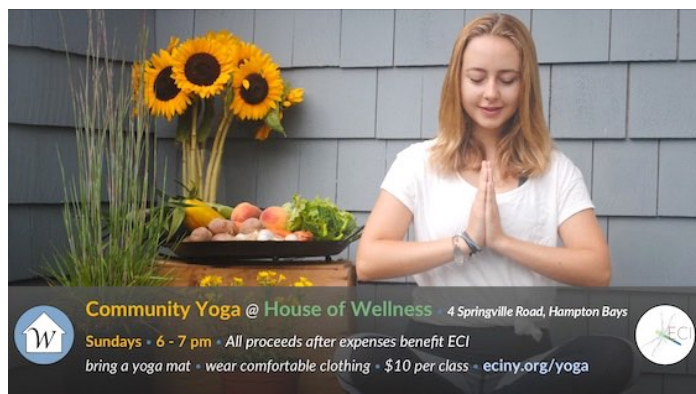
Organic Farm-to-Table Dinners

Events Coordinator

Volunteer Coordinator

Thank you so very much for supporting the Ecological Culture Initiative and our efforts!

Community Yoga at House of Wellness



Sundays from 6 to 7 pm, join us for a yoga practice that inspires balance in our minds, bodies, and communities.

Hosted by the House of Wellness, 4 Springville Road, Hampton, Bays (behind Seifert Eye Associates) • call or text 631-566-8816

\$10 per class. All proceeds, after expenses, support ECI, a local nonprofit that fosters ecologically responsible communities



Social Media



Sponsors

We are grateful for the outstanding support of our sponsors, partners, and members. We would especially like to thank:

- Sisters of St. Joseph at St. Joseph Villa
- The Leo S. Walsh Foundation
- Alfred L. Scherzer, MD, EdD, FAAP
- Julie A. McConnell
- David P. Schultz
- Nurel's Farmers' Market
- BNB Bank
- Suffolk Federal Credit Union
- Shinnecock Hardware
- Riverhead Building Supply
- Rich Mistretta & The Garage
- Kara Billingham & the House of Wellness
- Ron Reatherford & The UPS Store
- Carolyn's Good Ground Cleaners
- Treetola's Arbor Care
- Ed Elka and Quinlan Electric
- Richard Mato & Shawn Leonard Architect
- Kara Hoblin
- Town of Southampton
- Hampton Bays Fire Department

ECI Mission Statement

Foster a resilient, ecology-based coastal community through sustainable food production, wellness, and environmental stewardship.



We Do Not Inherit the Earth from Our Ancestors; We Borrow It from Our Children.

- Wendell Berry