

# Ecological Culture Initiative

Restoring Good Ground • *Sowing Seeds of Change*

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

## ECI Newsletter - Summer 2020



### 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. As 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
- Zero Waste
- Wellness
- Eco-Shack
- Pollinator Project
- Film Screenings & Community Events
- Internships



### Organic Farm-to-Table Fall Equinox Dinner

Postponed until further notice  
6:30 PM @ the historic St. Joseph Villa  
81 Lynn Ave, Hampton Bays, NY

Join ECI for a delicious organic plant-based dinner prepared by private chef Martine Abitbol, Le Poeme, and Ross School chef Julie Jacobs, featuring produce harvested from local farms

Price: \$45 per member • limited to 45 members

Tickets → [eciny.org/dinner](http://eciny.org/dinner)

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.

ECI hosts four dinners and one lunch a year based on the ancient calendar that guided our foodways: the Spring and Autumn Equinoxes, as well as Summer and Winter Solstices. **Organic Farm-to-Table Dinners** are held at the historic St. Joseph Villa, and are available only to members of ECI.

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/dinner](http://eciny.org/dinner)

🔥 We are hoping to schedule an outdoor dinner and fireside chat for the Fall Equinox, stay tuned!



# Good Ground Farmers Market



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

The **Good Ground Farmers Market** is held rain or shine at the Hampton Bays Plaza, 190 West Montauk Highway (Macy's parking lot) on Thursdays from 3 - 7 pm, from July 9th through October 22nd!

The market features all locally grown, caught, and hand-prepared products. Do all your shopping in one place while supporting local farmers, fishers, bakers, and crafters. Take in the fresh air of an outdoor market while safely shopping for healthy food.

Visit → [eciny.org/GGFM](https://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

- 4E Green Farm: Vegetables
- Aki's Kitchen: Soups, Salads
- Day Boat Seafood: Seafood
- Green Door Woodworks: Cutting Boards, Signs
- Jams by Julie: Jams
- Knot of this World Pretzels: Pretzels
- Le Fusion: Spring Rolls
- MicroLove Farm: Microgreens, Wheatgrass
- Milla's Puffs: Cheese Puffs
- Open Minded Organics: Vegetables, Mushrooms
- Silk and Sea Designs: Jewelry, Scarves, Masks
- Sweet Woodland Farm: Herbs, Herbal Products
- TerraNut: Natural Nut Bars
- The Family Grubb Hubb: Quiche
- The Granola Plant: Granola
- The Perfect Pickle: Pickles
- The Soothery: Soaps, Salt Scrubs, Lotion Bars
- The Witching Well: GF and Vegan Baked Goods
- Wölffer Estate Vineyard: Wine



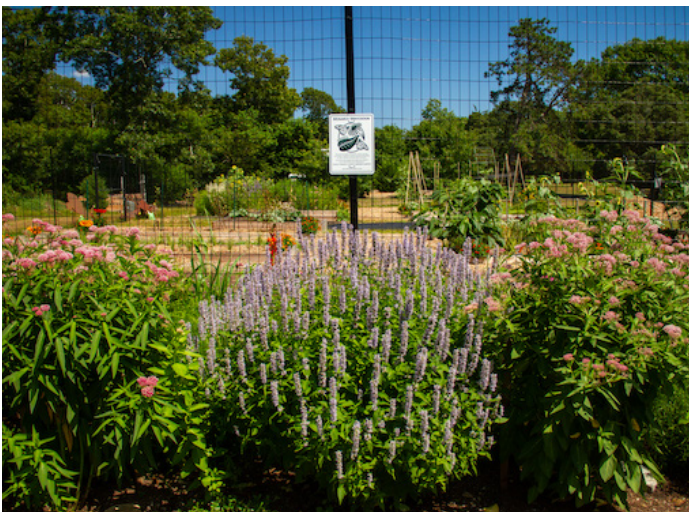


# Good Ground Heritage Garden

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](https://eciny.org/GGHG)



Adjacent to the main heritage garden is our Community Composting Program composting site; the Eco-Shack, which currently houses our Good Ground Seed Library at the Garden; and our Pollinator Project, which includes bee hives, a native pollinator garden, and Monarch Waystation. Future plans include a greenhouse, garden signs, rain barrels, and a brick walkway to increase wheelchair accessibility.



**Zero Waste Initiative**  
Restoring Good Ground  
Sowing Seeds of Change

The Community Composting Program diverts food waste from the landfill and into home gardens as nutrient-rich compost. Closing the loop on food waste is imperative to build healthy soil, and create resilient local food systems while fighting climate change.


Learn more → [eciny.org/zero-waste](https://eciny.org/zero-waste)

Phase 1 of ECI's new **Zero Waste Initiative** is the development of a **Community Composting Program**. ECI members divert wasted food scraps from the landfill and create nutrient-rich, "black gold" compost to be used at home. A composting site at the Good Ground Heritage Garden has been developed for the program.



Participants use a 6-gallon galvanized pail for collecting and transporting food scraps to the Good Ground Heritage Garden (optional curbside pickup is available). At the end of 3 months, participants receive 1 pail full of the nutrient-rich compost for use at home.

ECI hopes to close the loop on food waste while empowering community members, schools, and local businesses to build healthy soil, and create resilient local food systems while fighting climate change.

 Program participants in our Spring & Summer Season sessions diverted 2500 pounds of food scraps from the landfills! Learn more and sign up for the Fall Season → [eciny.org/composting](https://eciny.org/composting)



## Good Ground Heritage Garden: Organic, locally grown food for the community

ECI 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 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 14 raised beds, including *hugelkultur* beds, made by our staff and volunteers. Food grown at the garden is donated 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.

This spring ECI had help from Eagle Scout candidate Corey Hoffman and other boy scouts who constructed wood-sided raised beds in order to increase the amount of produce grown. Their outstanding efforts nearly doubled the size of the garden! This year we have been growing a variety of greens, snap peas, strawberries, potatoes, onions, and garlic for the food pantry.

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! Learn more → [eciny.org/volunteer](https://eciny.org/volunteer)



Corey and boys scouts digging a new garden bed



Corey Hoffman, George Hoffman, and ECI Staff



## 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 past dinners, using locally grown produce .

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/dinner](https://eciny.org/dinner)




**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](https://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.

**New:** Good Ground Seed Library at the Garden, a remote station found during Spring months on the porch of the Eco-Shack at the St. Joseph Villa.

 **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](mailto:rachel.stephens@eciny.org)



**Film Screenings!** Last year, ECI and the Southamptn 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](https://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](mailto: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](https://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

Volunteer Coordinator

Other \_\_\_\_\_

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

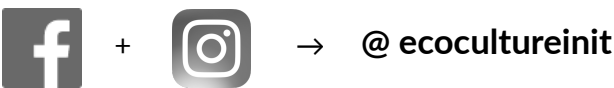


## Volunteers

Good Ground Heritage Garden Manager Doria Hughes and ECI Volunteers have been busy growing food for our local pantry. This year we are donating garlic, tomatoes, potatoes, summer squash, watermelons, soybeans, onions, brussel sprouts, winter squash, and cabbage! Let us know if you'd like to **volunteer** or **donate** to help support the garden! 🌱💚



## 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  
Tom Maloney & Shinnecock Hardware  
Suffolk Federal Credit Union  
Corey & George Hoffman  
BNB Bank  
Kimco Realty  
Town of Southampton  
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  
Fritz Cass  
Hampton Bays Fire Department  
Nurel's Farmers' Market

## 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