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Subject: **RYE EATS LOCAL Newsletter 2011 September**
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Bringing together local people,
foods and friendships.

September 2011

Dear Neighbors and Friends,

**Visit the Rye Summer Farmer's Market every
Wednesday through September 28th from
2:30pm - 5:30pm in Rye Center.**



Enter the third annual Sweet or Savory Apple Dessert contest!
Wednesday, September 21st at 3pm.

Your apple dessert to be judged at 4pm on appearance, originality and taste. The grand prize winner will receive a basket filled with products from the farmers market!
For more information and to enter please contact sorazi3@comcast.net.

The September 14th featured vendor is:

Southbrook Farm & Stand on Post Road in Greenland. They provide delicious farm-raised lamb. "What we found happening was harmony between raising animals and vegetables. We also found that raising the animals has given us a true respect for the food we consume. We treat our animals well and enjoy them and the quality of life they provide". Learn more about Southbrook Farm at www.southbrookfarm.net

While your at the market be sure to pick up this week's "What's for Dinner Wednesday" menu for more Southbrook Farm lamb recipes.

This week's guest craft vendors are:

Claire Russo with water colors and hand knit bags. Woodworker John Hutchinson's cutting boards and Carol Hutchinson's handmade aprons and dresses.

For children of all ages:

Story time with Lisa from 2:30 - 3:15 under the big tree.

The September 21st musician is:

The talented Chris O'Neill.

In season now:

Beans, beets, chard, corn, cucumbers, eggplant, garlic, herbs, kale & collard greens, lettuce, onions, peppers, salad greens, scallions, squash, tomatoes.

For more information about the market, please visit the Rye Farmer's Market website at www.ryeturninggreen.com.

Mark your calendars and bring your friends to the farmer's market this Wednesday!

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"It's difficult to think anything but pleasant thoughts while eating a homegrown tomato. ~Lewis Grizzard

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Committee**

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**Lamb & Eggplant
Ragout**



Ingredients

- 8 ounces whole-wheat rigatoni, rotini or penne
- 4 ounces ground lamb or lean ground beef
- 2 cloves garlic, chopped
- 1/4 teaspoon fennel seed
- 1 1/2 cups diced eggplant
- 1 teaspoon extra-virgin olive oil
- 1 8-ounce can no-salt-added tomato sauce
- 1/2 cup red wine
- 1 1/2 teaspoons chopped fresh oregano or 1/2 teaspoon dried
- 1/4 teaspoon

It's the NESEA Green Buildings Open House Tour

Come to the Northeast Sustainable Energy Association's Green Buildings Open House Tour on Saturday, October 1st from 10am - 4pm.

There are three buildings of interest on the tour in our area:

1. Sopher House, 38 Grove Rd., Rye, 10 am - 4 pm. This Energy-Star-rated house uses 63% less energy than a house built to code. It features super-insulated walls and ceilings, passive solar elements, a geothermal heating system with Warmboard radiant heat, grid-tied solar PV array, heat recovery ventilator, low-VOC paints, dual flush toilet, and Energy Star appliances, windows, light fixtures, doors, and fans, large organic vegetable garden based on Eliot Coleman's methods.

2. Petersen Engineering Office Building, 335 Maplewood Ave., Portsmouth, 10 am - 2 pm. Exterior insulation added to this 200+ year-old building in a strict historic district reduced its peak heating load by 80%. The owners received unanimous approval from the Portsmouth Historic Commission because the retrofit did not change the outside appearance of the building.

3. Heather Parker House, 10 Mill Pond Way, Portsmouth, 10 am - 4 pm. Based generally on European passive house model: highly insulated, south facing and as air-tight with fewest openings as possible (fresh air, heat recovery ventilation system included). Yard is half vegetable, flower, butterfly shrubs and small fruit gardens. Small apartment has heat pump; main house has small propane fireplace. Mostly heated by sun, stored in thermal mass of concrete floor; floor and walls highly insulated. Features include an air-source heat pump, solar PV and solar hot water systems.

To search for buildings in your area visit: <http://www.nesea.org/greenbuildings/>

It's a Sneak Peak



Guess where beer is brewing and guess who's brewing it?

Yup, right here on the seacoast, two local women are brewing up delicious, locally sourced beer.

Find out more in the REL October issue: where to taste, where to buy, and how you can sample this tasty libation!

If you recognize this woman and this dog in the photo let us know!

Rye Junior High Community Garden Update

A big **thank you** to all of the community members, families and RJH staff members who kept our garden growing this summer. The harvest will be bountiful this fall. Produce will be used in direct instruction with students in the Life Skills classes as well as for "Soup Kits" for Harvest Fest. Your time and energy is appreciated.

Harvest Fest is scheduled for Thursday, October 27, 2011 from 6:30 - 8:00 and will feature a community meal of homemade soups, breads, cider and desserts. As well as, music, dancing, displays of students work, performances, activities, and a raffle. The Harvest Fest is co-sponsored this year by the Rye PTA and the Rye Education Foundation in coordination with the Rye Junior High School. Community members of all ages are invited to attend our third annual celebration of Rye Junior High Community Garden and the learning that it inspires. Please contact Mary Coombs mcoombs@sau50.org if you would like to be involved.

The Rye Junior High and the Rye PTA will be installing a **Hummingbird Garden** this fall, thanks to a matching grant from the NH Fish and Game Department. Details about the garden and community work day dates will be announced. Donations of non-invasive perennials and woody vines are welcome. Please watch the Rye Junior High Community Garden web page for further information and scheduling announcements.

Check Out The Rye Energy Committee Website!

Keep up to date with the Rye Energy Committee:

salt

- 1/4 teaspoon freshly ground pepper
- 1 teaspoon pine nuts, toasted (see Tip)
- 1/4 cup crumbled feta (optional)

Directions

1. Bring a large pot of water to a boil. Cook pasta 8 to 10 minutes or according to package directions.
2. Meanwhile, cook lamb (or beef), garlic and fennel seed in a large nonstick skillet over medium heat, breaking up the meat with the back of a spoon, until the lamb (or beef) is browned, 3 to 4 minutes. Add eggplant and oil; cook, stirring occasionally, until the eggplant browns, about 4 minutes. Add tomato sauce and wine; cook, stirring occasionally, until the sauce thickens, about 3 minutes. Stir in oregano, salt and pepper.
3. Drain the pasta; serve topped with the sauce and sprinkled with pine nuts and feta, if using.
4. Tip: To toast pine nuts: Cook in a dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 mins.

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Visit the Rye Energy Committee website today at www.ryeturninggreen.com!

Rye Eats Local Bags

Buy your **Rye Eats Local** tote/grocery bags at the **Rye Farmer's Markets**.



Bright, bold, & available.
They make great green gifts!

Happy eating. See you at the Farmer's Market!
Mimi White & Tracy Ritzo
RYE EATS LOCAL

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