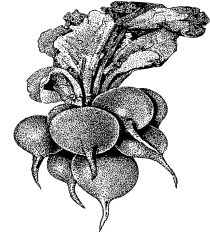




Lettuce Connect

East Farms CSA Newsletter

September 24, 2003



Food For Thought

William Hunnis, an Elizabethan lyricist, recorded the key, or symbolic meaning, of flowers and herbs used in nosegays or tussie-mussies (small scented bouquets) in the poem excerpted below:

Rosemary is for remembrance
Between us day and night;
Wishing that I might always have
You present in my sight.
And when I cannot have
As I have said before,
Then Cupid with his deadly dart
Doth wound my heart full sore.³

Sage is for sustenance,
That should man's life sustain;
For I do still lie languishing
Continually in pain,
And shall do still until I die
Except thou favour show:
My pain and all my grievous smart
Full well you do it know.

Fennel is for flatterers,
An evil thing it is sure,
But I have always meant truly,
With constant heart most pure;
And will continue in the same
As long as life doth last,
Still hoping for a joyful day

When all our pains be past.³

Thyme is to try me,
As each be tried must,
Letting you know while life doth last
I will not be unjust;
And if I should, I would to God
To hell my soul should bear,
And eke also that Beelzebub
With teeth he should me tear.

History of the English Herb Garden, by
Kay N. Sanecki

Kid Stuff

A child who pulls up their own carrot from the garden, brushing off the soil to take that first bit, will become a fan for life.

Upcoming Events

Don't forget our pumpkin picking afternoon on October 4th. A map is included on the back of this newsletter.

We will be sharing recipes, stories and discussing this year's accomplishments and how we can improve next year.