SUN DAY: April 24, 1994

ASPI is one of over fifty national and regional environmental, business, utility, student, and government organizations to announce plans to sponsor Sun Day 1994. This will be a national celebration of renewable energy (i.e., solar, wind, geothermal, biofuels, hydroelectric, solar-hydrogen) as well as energy conservation and energy efficient lighting, heating and cooling, building, industrial, energy-generating, agricultural and transportation technologies. Officially, SUN DAY will be celebrated on Sunday, April 24, 1994, (in conjunction with Earth Day) but various sponsoring organizations will be sponsoring events before and after that time.

SUN DAY has three primary objectives: Education about the status, potential, and benefits of renewable energy and energy-efficient technologies; Showcasing programs and technologies being sponsored by the participating groups; and Encouraging new public and private initiatives to expand use of renewable energy and energy-efficient technologies.

For further information contact SUN DAY 1994, 315 Circle Avenue; #2; Takoma Park, MD 20912-4836.

Thank You

... to the Lexington Jesuit community for funds to send two people to Peru to train individuals to build and maintain solar food cookers and for ongoing charity funds up to $2,500; to recent Resource Auditing Service consultants, especially architects Gary Watrous, Clark Buchner and Don Cuddihee... to Ivo Baumann of Mt. Angel, OR who has made two Northwest trips possible, Delbert Roberts for twenty loads of excellent horse manure, Attorney Pam Clay for helping expedite the resolution in the Black & White Case, the dozen anonymous donors of summer wish list items, to 1992-3 interns Andy McDonald and Mike Harley as they complete their current projects, to Mike and Peggy Rivage-Seul for a vehicle, Dow-Corning for 100 cases of caulking, the fourteen participants in our Kentucky Oral History project, and the many purchasers of ASPI calendars and publications.

Thank you also to Theresa Burdette of Hewlett-Packard Company, Carol and Tom French-Corbett, Rev. John Duggan, Mary E. Fritsch, Rebecca & Kirk Haven, Vera & Henry Kirts, Eric Matchette, Mary Morgan, Elizabeth & Paul Oberst, Charlesetta & George Perraut, and Russ Tucker.

Wish list

Our current interns need furnishings for their rooms including beds, chairs, tables, kitchen items and other such. Various neighbors have requested fencing, tools and winterizing materials, such as underpinning for trailers.

We deeply appreciate the library materials donated by our Appalachian Alternatives readers. Thank you and keep them coming.

Examining ORV Damage on the ASPI Eco-Tour

What is Leaf Concentrate?

Leaf concentrate is an extremely nutritious food made by separating indigestible fiber from much of the protein, vitamins, and minerals in certain fresh green plant leaves. Because it is so rich in bets-carotene, iron, and high quality protein, leaf concentrate is very effective in combating malnutrition, especially the vitamin A deficiency and anemia which are prevalent among children and pregnant women in most developing countries. It is easily combined with a variety of inexpensive foods to make culturally acceptable dishes.

Because it takes more direct advantage of solar energy, a leaf crop can produce more nutrients per hectare (acres) than any other agricultural system. The simple technology of making leaf concentrate offers a means of capturing a much greater part of the leaf harvest for direct human use.

Making Leaf Concentrate at Home

1. Wash and cut leaves. Use only fresh green leaves known to be edible, such as alfalfa, Swiss chard, lambsquarters, blackeye peas, wheat mustard, kale, or collards. While many other plants make good concentrate, it is safer for beginners to stick with commonly eaten leaf crops. Wash in cool water to remove dirt and cut into 2 - 3 inch pieces.

2. Grind the leaves to a pulp. This can be done with a manual meat grinder, or flour grinder, a wheat grass juicer, or a household blender. Fruit and vegetable juicers usually clog up quickly from the large amount of fiber in leaves. Using a blender on the highest speed 1/3 full of water is the preferred method. This step ruptures the cell walls of the leaves liberating protein and other nutrients.

3. Press as much juice as possible from the pulped leaves. Pour the pulped leaves into a sheer nylon or polyester cloth of the type used for curtains. Squeeze out as much juice as possible. You should not be able to squeeze any juice out of a handful of this pulp when you are done.

4. Heat the juice rapidly to boiling. Stir gently to prevent burning and remove from heat as soon as the juice boils. A green curd should float to the top.

5. Separate the curd that forms in the heated juice in a closely woven cloth. When this wet curd has cooled squeeze the "whey" out of the curd. It should be dry enough to crumble. You may want to make a very simple press with a 2" X 4 " x 8 ' lever to apply more pressure than you can with just your hands. This can be used for pressing the juice from the pulped leaves as well. What remains in the cloth is LEAF CONCENTRATE.

Contributions or requests for information can be sent to David Kennedy, LEAF FOR LIFE, 128 Owsley Ave. Lexington, KY 40502.

Basic Recipes

Leaf Burgers

1 cup fresh leaf concentrate
1 cup rolled oats
1 cup chopped onions
1/2 cup peanuts (soaked)

Combine ingredients. Form into patties and fry.

Lemonade Syrup

1 cup fresh leaf concentrate
1 cup lemon juice
2 cups sugar

Blend the leaf concentrate thoroughly in the lemon juice at the highest blender speed. Gradually add sugar while blending. Mix 2 or 3 tablespoons of this syrup to a tall glass of water and stir vigorously for a refreshing and nutritious drink.

Pasta

4 cups wheat flour
1 cup fresh leaf concentrate or 1/3 cup dried
1 tablespoon salt

Mix flour and salt, then add leaf concentrate and a small amount of water. Knead for 10 minutes. Dough should be very heavy but elastic. Roll the dough out as thin as possible and cut into strips. These can be cooked as is or dried in a dark room, sealed in a plastic bag and cooked when convenient.

Cold Frame Crops Harvest Season (Zone 5)

CROP	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Arugula									
Beet									
Carrot									
Celery									
Chard									
Chicory									
Cabbage, Chinese									
Claytonia									
Endive									
Escarole									
Kohlrabi									
Lettuce									
Mache									
Mizuna									
Parsley									
Radish									

NOTE: Dandelion, Kale, Leek, Onion (green), Sorrel and Spinach can be harvested year round.

REF: Coleman, Eliot, 1992, The New Organic Grower's *Four-Season Harvest*, Chelsea Green Publishing Company, Post Mills VT, pp.87.