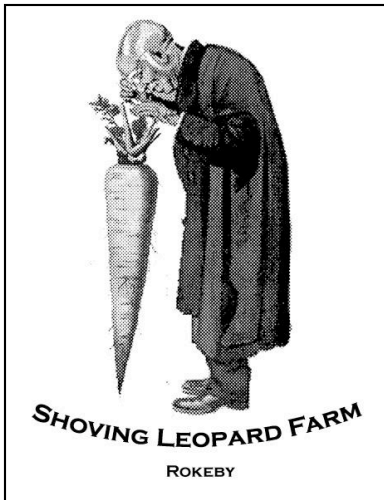


August 2011

## The Shoving Leopard Leaf

*Shoving Leopard Farm: 845-758-9961  
Website: [www.shovingleopardfarm.org](http://www.shovingleopardfarm.org)  
Garden Manager: Marina Michahelles  
Assistants: Louis Munroe, the fowl, and Mila*



### *News from the garden*

July has been the month of extermination and deterrence. We have been tightening the fence around the garden, setting the have-a-heart (aka have-a-place-to-hang-out-while-I-get-the-.22) trap, and squirting the apparently most delectable plants with Bob-ex. Bob-ex, I imagine, was developed by an exasperated gardener who decided to throw everything she could think of in the blender and then spread the concoction around her garden saying, "If I can't have any of my food, nobody can!" The first ingredient is rotten eggs. Another ingredient is cat food.

The result is that the bed of chard is almost ready for picking, head-lettuce only has to worry about fighting the heat, the tomatoes have grown taller than their supporting posts, the zinnia, cosmos, and other flowers are filling out the labyrinth, and we may even eat a beat or two this season.

July has been very dry, and re-establishing plants that had suffered deer and other critter damage has required us to do a lot of hand watering; mulching can only do so much in such a dry part of the season. I have therefore been devising an irrigation plan for next season.

We had two great garden work parties in July. The first was very well attended, and we weeded nearly the entire flower labyrinth. Attendance to the second was slimmer, but equally productive, as Liz and I harvested two-fifths of the garlic. Keep an eye on the Shoving Leopard Farm facebook page for information on work parties in August.



Dahlia and Julia leading each other down the garden path.

The flower labyrinth is now open to the public. Scissors, newspaper, and rubber bands are at the CSA distribution hub, as is the money jar. The sign from which the scissors are hanging tells you how much to pay according to the size of your bouquet.

The cart on the Poet's Walk was set up for the first time last weekend, with bouquets expertly arranged by Liz and Kate. Keep an eye out for more flowers on fair-weather weekends through the frost.



We are on  
facebook!

Become a member  
of the Shoving  
Leopard Farm  
group for updates  
and events.



PYO flower  
labyrinth

Open daily

Shoving Leopard  
Farm

845 River Road  
Barrytown, NY

845-758-9961  
marina@shovingleopard.  
org

shovingleopardfarm.org

## Fermentation Station

### Fermented tomato salsa

2 lbs fresh tomatoes  
1 large bell pepper  
3-6 fresh chilis  
2 red onions  
3-4 cloves garlic  
1 bunch cilantro  
1-2 tsp non-iodized salt  
Pepper and other spices to taste

Sterilize a couple of quart jars by  
boiling them and their lids in water  
for several minutes.

Dice the tomatoes; quarter and slice  
the bell pepper; slice the chilis finely,  
discarding the seeds for a milder  
salsa; mince the onion and garlic;

roughly chop the cilantro.

Mix all the ingredients in a bowl,  
adding salt, pepper and other  
spices.

Pack into your clean jars, leaving  
half an inch of space at the top. Do  
not seal the jars, simply cover with  
a cloth and let stand at room  
temperature for 2-3 days. Bubbles  
will start to form as fermentation  
takes place.

When your salsa has reached  
desired tanginess, either gobble it  
up, or seal the lid and store in the  
refrigerator. It may continue to  
ferment, so eat it sooner than later.

## The nutrition corner, by Rosalind [www.nutrition-matters.info](http://www.nutrition-matters.info)

*Coriandrum sativum*, or coriander, is  
also known by its Spanish name  
cilantro. There is research to suggest  
that both the leaves and the seed  
contain antioxidants, and the leaves  
to have antibacterial properties as  
well. It's in this latter capacity that  
cilantro becomes a possible remedy

for bad breath. And some say it  
relieves intestinal gas pains.

However, check with your guests  
before serving it as it's one of those  
plants that quite a few people are  
allergic to.

## Upcoming events

- Check out the NOFA NY events page for August for various workshops and events: [www.nofany.org/events/field-days](http://www.nofany.org/events/field-days).
- August 20<sup>th</sup>, Shoving Leopard Work Party: 9:30-12:30, followed by burrito lunch. RSVP
- August 21<sup>st</sup>, Intro lecture on honeybees and organic beekeeping with Chris of HoneyBeeLives.com. 11 AM – 1:30 PM, \$25. New Paltz.
- August 23<sup>rd</sup> – 28<sup>th</sup>, Dutchess County Fair at the Dutchess County Fair grounds in Rhinebeck!