

August/September 2010

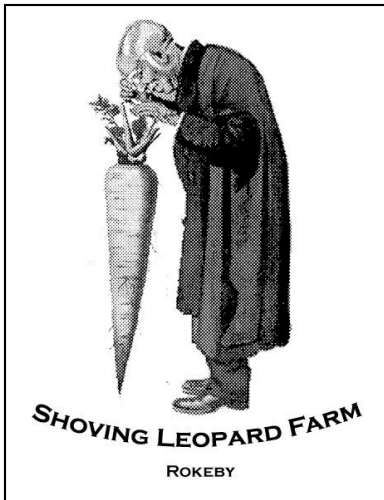
The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

Website: www.shovingleopardfarm.org (for organic!)

Garden Manager: Marina Michahelles

Assistants: Louis Munroe, the "new" chicken nuggles and water fowl



News from the garden

Once again, it's closing in on the end of the month and I'm only just getting to the newsletter. But what a month! The weeds tried to get the better of us but with a lot of help we managed to get the ragweed and thistle under control, for the most part. July's garden party was called "Save the Onions!", and we did just that. The onions were then field-cured and are now waiting to be distributed to CSA members. We also harvested the garlic and we will spend a nice rainy day braiding it all with dried flowers.

August has brought great news to tomato lovers in the HRV. Shoving Leopard CSAers have been going home with many pounds of heirloom and cherry tomatoes of every shape, size, and color. They have also been eating green, purple, and yellow wax beans, beets, turnips, chard, kale, cabbage, broccoli, kohlrabi, summer squash, cukes, scallions, onions, peppers, radishes, and herbs. The lack of rain caused most of the lettuce to bolt, but the fall crop is sizing up nicely. As my farmer friend Chris Yoder said at this year's NOFA summer conference, "CSA is just a conspiracy to sell people lettuce."

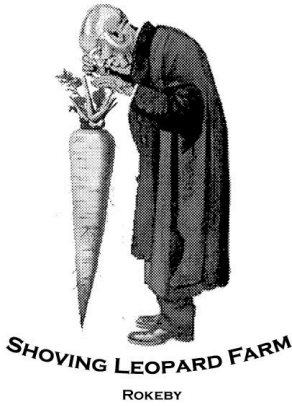
On the fowl front, the geese and ducks are diligently protecting the big girls, while the young girls are growing up to be young boys. Four of the five hatchlings that our mama hen sat on are roos, and two of the youngest three (speckled Sussexes) are also confirmed roosters. The middle five chicks have yet to be sexed, but one is suspected to have stewing-pot potential.



Happy helpers on the wagon with mulch for the tomatoes.

The flower labyrinth has never looked so vibrant. All are encouraged to come and walk the labyrinth, with or without the intention of cutting flowers. Bouquets will be set out at the Poet's Walk for walkers-by on fair-weather weekends until the killing frost. Hopefully, the person with sticky fingers will have moved on to a different historic landscape walk.

To find out when our garden (work) parties are, check the "opportunities" page on the website. The July "cob oven-building party" had been postponed, and it may take place in September. Come help us by squishing mud between your toes.



We are having new T-shirts made soon.

Tell us your shirt size and favorite color to have your very own!



PYO flower labyrinth

Open daily 10-6

Shoving Leopard Farm

845 River Road
Barrytown, NY

845-758-9961

marina@rokebyfarm.org

shovingleopardfarm.org

Seasonal recipes

Gestapo (Gaspacho) à la Louis

2 lbs Tomatoes, roughly chopped
1 medium coked, peeled and chopped
2-3 sliced old bread, sans crust, torn into small pieces
¼ cup olive oil, plus some
2 cloves minced garlic
1-2 hot peppers of your choice
2 scallions or shallots, chopped
fresh lemon or lime to taste
salt and pepper

Combine tomatoes, cukes, bread, oil, vinegar and garlic with one cup water in a blender or food processor, until smooth.

If gestapo seems too thick, thin with additional water. Taste and adjust seasoning, chill in refrigerator. Garnish with a drizzle of oil and a sprig of parsley before serving.

Green Tomato Catsup – Mark Bittman

¾ cup cider vinegar
2 Tbsp pickling spices
2 Tbsp grape seed or corn oil
1 green pepper, cored, seeded, chopped
1 large onion, chopped

1 celery stalk, chopped
2 lbs green tomatoes, chopped
1 lb tart apples, peeled and cored
2 cloves of garlic and/or 1 seeded jalapeno pepper
½ cup brown sugar
salt
cayenne pepper to taste

Heat cider vinegar and pickling spices in small pot until just beginning to boil. Turn off heat, let spices steep until ready to use (45 mins).

Put oil in a large pot over medium-high heat. When hot, add bell pepper, onion, celery, garlic/jalapeno. Cook until onion is soft. Add tomatoes and apples, stir occasionally to prevent sticking. Adjust heat so that mixture bubbles gently. Cook until slightly thickened (45 mins).

Strain out spices from vinegar, add to tomatoes, along with brown sugar, salt, and cayenne. Cook another 45 minutes. Puree when cool.

Bottle and keep refrigerated for up to two weeks.

The nutrition corner, by Rosalind www.nutrition-matters.info

Cabbage

Cabbage is like a medicine chest all on its own. If you read Paul Pitchford's *Healing With Whole Foods*, you will find that it has been used in different parts of world for: indigestion, skin

problems, constipation, the common cold, mental depression, ulcers, and worms. Used in a poultice or bath, it also helps with frostbite, varicose veins, arthritis, and wound healing. It has lots of sulfur and iodine – and more vitamin C than oranges!

Upcoming events

- August 24th -29th, Dutchess County Fair!
- September is NY Locavore Challenge month. Challenge yourself to eat locally for a day, a week, or the whole month, and raise money for a great organization. See the NOFA website for more info, and to register to participate, and you can name me (Marina Michahelles) as your captain. www.nofany.org/events/ny-locavore-challenge/about-challenge
- September 11th and 12th, Hudson Valley Wine and Food Fest at the Dutchess County Fairgrounds.