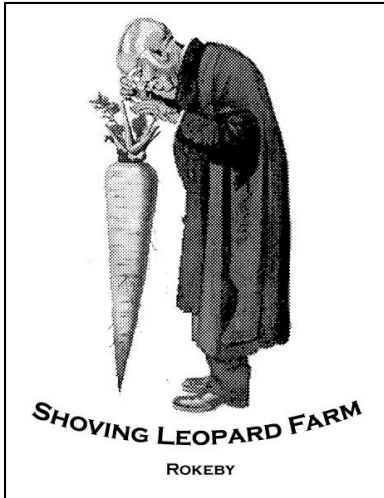


December 2011

The Shoving Leopard Leaf

*Shoving Leopard Farm: 845-758-9961
Website: www.shovingleopardfarm.org
Garden Manager: Marina Michahelles
Assistants: Sarah Ashcroft, the fowl, and Mila*



News from the garden

The month of December is good for curling up by the fire with a stack of seed catalogs, a cup of tea, and notes from the past six seasons. It is fun to look back through the farm journals to see how different the seasons have been one from the other, and to think ahead to brand new year.

The experience of having so much of the garden under water in August has convinced me to build permanent raised beds. The first four have been made and planted out with garlic, and have been mulched with a mixture of old hay and Red Hook leaves. USB, the scaffolding company nearby, will supply the boards that will keep the beds from collapsing into the pathways. If any of you wants to warm up with some digging while the ground is not yet frozen, just give a shout.

In September, I wrote about a new focus on an educational program for Bard students at Shoving Leopard Farm. A good number of students attended an informational meeting, and we decided that an interesting focus for next season would be on seed-saving. We will be learning together about how to select plants for seed production, how to collect and clean the seeds, and how to store them for future seasons.

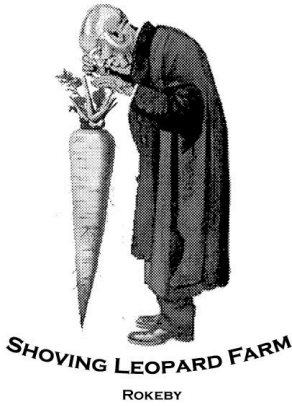
Sarah Ashcroft, who has been a work-trade CSA member for three years, is going to begin working part time with me, and will also start her own fresh herbs project for local restaurants through Shoving Leopard Farm. We are hoping that the herbs and flower bouquets can be marketed together.



Mila takes a break from digging raised beds.

The next couple of months will be spent planning the next season, finishing up the potato trial for the SARE grant (results to be published soon), hopefully playing pond hockey, and training Mila to pull a sled laden with sap buckets.

In February, the first onion seeds will be sown, and Shoving Leopard Farm will begin its seventh season. Fingers are crossed for milder weather and greater yields than ever before! Happy holidays and a prosperous 2012 to all.



Fermentation Station

Pickled apples and peppers

4 lbs eating apples
 2 lbs green and red peppers
 7.5 cups apple cider vinegar
 ¾ cup soft brown sugar
 1/3 cup juniper berries

Peel and cut apples them into rings. De-seed the peppers and cut them into rings. Pack the apples and peppers into sterilized

canning jars.

Bring the vinegar, sugar and juniper berries to a boil then pour the mixture over the apples and peppers at once, and seal tightly with the sterilized lids.

Makes a yummy sweet and sour addition to a hearty winter meal.

We are on Facebook!

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

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

An apple a day keeps the doctor away. Why might that be? One reason is that pectin is credited with being able to absorb heavy metals and thus help remove them. Another reason is that apples and apple juice are also recommended to soften gallstones.

However, apples may not be good for everyone because they

are high in both fructose and sorbitol. One or the other or both, especially in this combination, leads to I.B.S. (*Intestinal bowel syndrome*) for some unfortunates -- which means distressing symptoms like bloating, diarrhea, constipation, or gas – or all of the above. If this is you, try cooking the apple to see if that makes a difference.



PYO flower labyrinth

See you next spring!

Upcoming events

- Winter Farmers Market information: hvfoodnetwork.com/page.winter-farmers-markets-1
- Food Drive at Farmer's Markets to benefit The Farm Workers' Community Center food pantry in Goshen: December 10th in New Paltz, December 17th in Poughkeepsie.
- Artsy Crafty Winter Craft Sale: December 10th, 86 Broadway, Tivoli. 11 AM-5 PM.
- 2012 NOFA Winter Conference: January 20th- 22nd, Saratoga Springs, NY: nofany.org/events/winterconference
- Winter Beekeeping Classes with Chris Harp, various dates. Rosendale, NY. honeybeelives.org/classes.php
- Pageant Puppetry Workshop in the Italian Alps: June 16th-24th, Morinesio, Italia. Superiorconcept.org/Morinesio/index.html
 Early bird discount for reservations confirmed before January 1st.

Shoving Leopard Farm

845 River Road
 Barrytown, NY

845-758-9961
marina@shovingleopard.org

shovingleopardfarm.org