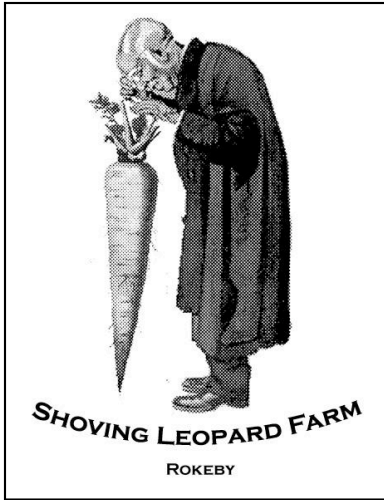


July 2011

## 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

Summer has arrived at Shoving Leopard Farm. All the big veggies are in the ground and well established, despite quite a lot of deer damage. The future venison has caused some setbacks for the CSA distribution, but the early summer fruits are forming, which gives us hope for a growing harvest.

The beans are flowering; the cukes and zucchs are starting to produce; the tomatoes are staked, twined, and even setting some early green globes; the winter squash, pumpkins and melons are spreading over mulch; the eggplants are flea-beetle-free under row cover; the peppers are sending out new leaves where the deer took some bites; the corn is straightening back up after strong winds and will be knee high by the 4<sup>th</sup> of July; and the tomatillos are promising green salsa in the months to come.

Still recovering from deer and woodchuck browsing are many of the greens, including the chard, beets, spinach, and, surprisingly, various spicy Asian greens. Carrots also took a little beating, but are fattening up nicely after the recent thunderstorms.

With summer comes the weed pressure. Luckily, our bi-monthly garden work party series has been very well attended, and the next one will be spent weeding the flower labyrinth. In June, we had a tomato-planting party, when we planted, added compost to, and staked over 300 plants (32 varieties). At the last party, we build a pole bean trellis for our 6 varieties of pole bean and various gourds, which we have undersewn with summer lettuce mix.



Liz pulling weeds in the onion patch.

The hens are still happily producing eggs, but the heat of summer and shortening days will soon cause them slow down. Their cousins, the K-22s, have gone to the big deep freezer in the sky. Some of them will be served at the wedding in October, and the rest will be enjoyed throughout the year. Thought it was a good experience overall, meat bird production will not be part of the Shoving Leopard business plan.

Coming up this month, the flower labyrinth will be open for the pickin'. Keep an eye on the Shoving Leopard Farm facebook page for an update.s



## Fermentation Station by Sarah

### Spicy zucchini relish:

1 zucchini  
 1 onion  
 Hot peppers to taste  
 Ginger  
 Garlic  
 2-4 TB salt  
 Mustard seed  
 Tumeric  
 Pepper

Grate a zucchini. Combine with a thinly sliced onion and as much fresh hot chili you like (one jalapeño? Three habañeros?? Ten bhut jolokia!?!). You could add freshly grated ginger and garlic at this point, if you please. Salt this mixture until it tastes fairly salty (how much really depends on how

big your zuke is; roughly 2-4 TB). Add spices: mustard seeds, turmeric, and pepper. Pack the relish tightly into a jar or crock. If necessary top off with some brine (1 TB sea salt:2 cups unchlorinated water). Ensure that all the relish stays submerged in the brine by whichever creative method you devise. Check your relish everyday; it is likely finished in 4 or 5 days, depending on the weather.

P.S. A trick to keeping zukes (and cukes) from turning to mush while they ferment is to pack a couple of oak or grape leaves into the fermenting vessel.

We are on  
facebook!

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



PYO flower  
labyrinth

Opens end of July

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

Zucchini, aka courgettes, are in the squash family -- one of the culinary contributions made by the Americas. The zucchini, however, was developed from American squash in Italy in the 19<sup>th</sup> c. Now they're everywhere and a great favorite. We consider them vegetables, though technically a fruit.

In a cup of sliced, boiled zucchini, you will get a lot of potassium (475 mg.) and a lot of vitamin A (2,000 IU, half the RDA). Be sure to drink or use the pot liquor so as not to lose any nutrients! Potassium helps against edema. Vitamin A is good for night vision and for the immune system generally.

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## Upcoming events

- July 2<sup>nd</sup>, Shoving Leopard Work Party: Flower labyrinth weeding. 9:30-12:30, followed by burrito lunch. RSVP required – space is limited
- July 10<sup>th</sup>-11<sup>th</sup>, Woodstock Jewish Congregation Yard Sale! Wjchul.org for items, times, and directions.
- July 16<sup>th</sup>, Tying knots, coiling cords, and sharpening tools. 9-12, Tivoli library. Bring a dull tool to sharpen.
- July 22<sup>nd</sup>-24<sup>th</sup>, Northeastern Permaculture Convergence. Camp Epworth, High Falls. Northeastconvergence.wordpress.com