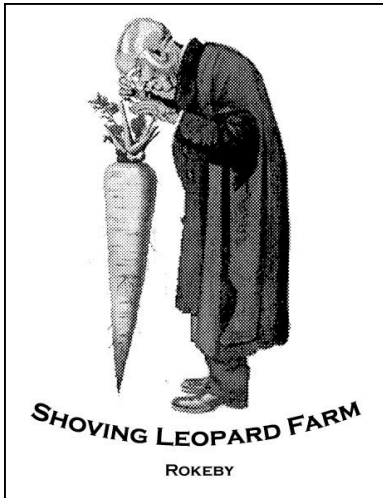


June 2011

The Shoving Leopard Leaf

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Assistants: Louis Munroe, the fowl, and Mila*



News from the garden

Just as The Phantom Gardener has written on its marquis: "June is the new May". We hope.

The real month of May was a cold and wet one, which has delayed the spring season throughout the Hudson Valley. At Shoving Leopard, we could not prepare the beds as soon as we would have liked, and were late in directly seedling and transplanting many of our early crops. What had already been either seeded or transplanted suffered a little with the lack of sun and persistent rains we had in the middle of the month.

The weather did not keep us completely out of the garden, however. The onion-planting party was a great success with five of the six varieties of onion transplanted. And although the turnout was lower for the flower-planting party, by the end of Memorial Day weekend almost 3000 flower seedlings were in the labyrinth. Wow!

The greenhouse has slowly been emptied of its occupants as trays of seedlings make their way out to be transplanted. After the onions, the kale, lettuce, beets, and scallions found their home near the potatoes, while broccoli, cabbage, Brussels sprouts and boc choy have taken over the ex-tomato quadrant. When the soil finally dried out enough to be rototilled, the cucumbers, corn, and beans were finally transplanted out where last year's brassicae were. Next on the list are the remaining squash (summer and winter, melons, and gourds) along with another succession of sweet corn and a new variety of milling corn called Rokeby Red.

The directly seeded greens, carrots, beets, and radishes are coming up nicely; now everything needs to be weeded!



The freshly tilled flower labyrinth just before the big planting day.

CSA members came twice during May to pick up some asparagus. Sadly, the lateness of the season has forced us to postpone the start of the official CSA pick-up season by at least one week. Soon, however, we will be enjoying fresh greens, spring onions, garlic scapes, early beets, and more!

There are still plenty of tomato plants and a few flower seedling, and other veggies left over from the plant sale. Everything is \$1, so stop by the greenhouse anytime to fill out your gardens. Also, check out the June work party schedule: Tomatoes on the 4th!



Fermentation Station

Spring pickle

- 2 heads of baby bok choy
- 2 spring onion stalks (more if they're thin)
- 1 bunch of small radishes
- 4 or 5 larger radishes or other root vegetables
- 5 small chili peppers, whole
- 4 whole cloves of garlic
- 6 healthy slices of ginger root

Note: This makes a spicy pickle! Use fewer chili peppers, garlic cloves, and ginger slices for a milder flavor.

Wash everything. Separate the leaves of bok choy. Trim the tops and bottoms of the onions. Quarter or halve the radishes, depending on their size. Save the largest radish to

cut into stopper pieces to hold the rest under the brine. Pack in all the ingredients as tightly as you can. I like to stand the greens up around the edges and fill in the center with the roots. When the jar is almost full, cut slices from the large radish and jam them against the top curve of the jar to hold the vegetables in place. Mix 1.5 tablespoons of salt thoroughly into 2 cups of water and fill the jar until the vegetables are entirely covered. Top the jar with a loosely screwed lid or fix a towel to the opening with a rubber band to keep dust and flies out. Wait 2-4 weeks until they taste the way you like them, then toss the veggie seal at the top and you'll have your pickles.

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

PYO flower labyrinth

Closed for now

Types of lettuce abound and we may have our particular favorites. If you especially like Boston or Romaine, or Iceberg, it could be that your body is asking for potassium. (If over-fond of coffee, alcohol, or sugar you may be losing potassium.) Those kinds of lettuce, as well as Green leaf and Red leaf, are all high in vitamin A, the good-eyesight vitamin.

According to FAO, the U.N. Food and Agriculture Organization, the U.S. grows 5 million tons of lettuce a year. By my arithmetic, that's 33 lbs. of lettuce per person per year. I know a couple of people who never touch the stuff, so that means some of us are eating more. Lucky us!

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Upcoming events

- June 4th, Shoving Leopard Work Party: Tomato-planting and staking. 9:30-12:30, followed by burrito lunch. RSVP required – space is limited
- June 17th, Shoving Leopard Work Party. 9:30-12:30, followed by lunch. RSVP required – space is limited.
- June 18th, Solar Hot Water Workshop. 10-3, lunch provided. \$35. Tivoli. www.mudhenworkshops.blogspot.com