

November 2010

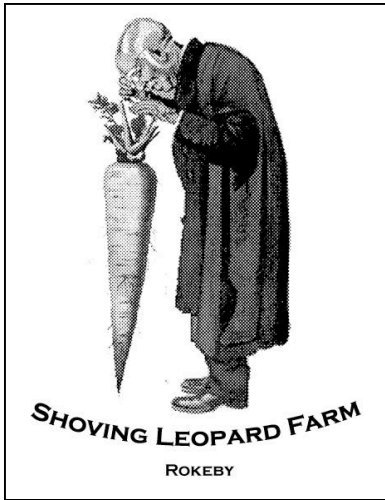
The Shoving Leopard Leaf

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

It was a difficult transition into a fall mindset when each weekend was even more spectacular than the previous, with foliage becoming more vibrant, and skies a deeper and deeper blue. The leaves have finally dropped off the ginkgo, and first cold northern winds have dusted the Catskills with flurries, so I can whole-heartedly but the garden to bed.

In October, we had three consecutive Saturday garden (work) parties, which were huge successes. We started each party with the harvest of bouquets for the stand at the Poet's Walk, and then moved on to projects including weeding the asparagus, digging potatoes, and planting garlic. Then we had soup of only garden ingredients and either Mikee's baguette or Louis' homemade sourdough boules, followed by one of Mona's irresistible tarts. Mega Yum.

The final month of CSA baskets included beans, chard, kale, lettuce, arugula, and various Asian greens; bok choy, cabbage, broccolini, some cauliflower, and glorious Brussels sprouts; beets (including a 6-pounder!), turnips, and radishes; the last tomatoes and tomatillos, hot and sweet peppers, and seven varieties of potatoes; onions, garlic, celery, celeriac, and herbs.

The laying hens showed their advanced age when the egg count dropped precipitously around the equinox. The youngsters, however, have just laid (lain?) their first round of tiny eggs. The cycle continues.



One of the six roosters eyeing the garden leftovers through Steffen's garden gate.

This winter will be spent recouping, doing jigsaw puzzles, and planning for next season. Greenhouse work begins as early as the first week in February, so I have three months to write two grants, work on two websites, build a bike-powers transplanter, figure out if I should do a farmer's market next season with Loose Caboose Farm, and play lots of pinochle. Happy winter!



We are having new T-shirts made soon.

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



PYO flower labyrinth

Closed for winter

Shoving Leopard Farm

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Barrytown, NY

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Seasonal recipes

Blue Hubbard Pie with Murple Surple
(from the NY Times recipes)

Your favorite crust
1 ½ cups baked blue Hubbard squash puree
4 eggs, lightly beaten
¾ cup murple surple
½ cup half and half
½ tsp salt
1 tsp cinnamon
½ tsp nutmeg

Make your favorite crust and chill it for 1 hour.

Preheat the oven to 400°F.

Roll out the dough and fit it into a 9" baking dish

Whisk all the filling ingredients together until smooth. Pour into the pie shell, bake for 10 minutes. Reduce heat to 325°F, continue to bake until set (approximately 50 minutes).

Let cool, top with whipped cream.

Quinoa Bake with reed Kuri

5 tbsp white wine
1 onion
8-10 mushrooms
1 lg sweet pepper
1 Jalapeno pepper
2 cloves garlic
3 cups water
1 ½ cups quinoa
2 cups peeled and diced Red Kuri
1 cup chopped kale
2 tbsp fresh parsley
salt and pepper

Preheat oven to 400°F

Sauté the onion, mushrooms, peppers, and garlic in white wine for 5 minutes in a deep baking dish.

Add remaining ingredients, except for kale, and bring to a boil. Add kale, place cover on the baking dish, and transfer to the oven.

Bake at 400° F until liquid is absorbed, approximately 35 minutes.

Fluff with a fork and serve hot.

The nutrition corner, by Rosalind

Winter Squash

All squash are in the *cucurbita* family, which also embraces the cucumber. Summer squash include the thin-skinned zucchini and their yellow cousins; whereas winter squash is a catch-all that includes acorn, butternut, delicata, Hubbard, etc., vegetables that offer succulent innards but skin and seeds that we

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usually eschew. Boiled or baked, they will provide starch and fiber and a host of vitamins -- A, C, and some of the Bs -- plus manganese, copper, and iron. If you find them bland, get out your enhancers, like ginger or cinnamon or yogurt, and some healthy fat, like butter or coconut or olive oil, and bland will be a thing of the past!

Upcoming events

- November, Sinterklass workshops throughout the month. Find more information at www.sinterklaasrhinebeck.com.
- December 2nd-3rd, Young Farmers Conference, Stone Barns, Pocantico Hills, NY. Sold out, but add yourself to the waiting list.
- December – September, Nutrient Dense Crop Production Course, various locations in the Northeast. Visit www.realfoodcampaign.org for more information.
- January 21st-23rd, NOFA winter conference, Saratoga Springs. Visit NOFANY.org for more information.
- Check the SLF website and facebook page for winter work parties and events.