

October 2010

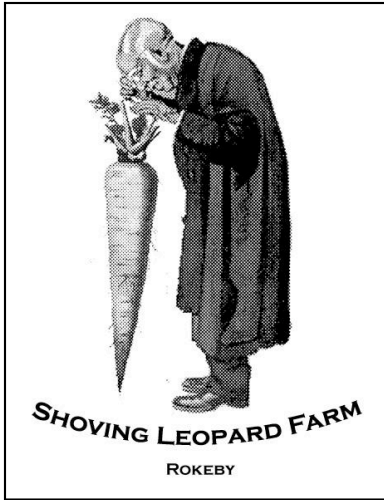
The Shoving Leopard Leaf

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

Today, it seems as if the sky had read the NY NASS weather report and decided to make up for the -9 inches "departure from normal" over the season. With 3-5 inches of rain expected, I am taking the day to do indoor things like process and can tomatoes and apples, bottle cider, and bake a chocolate cake to celebrate the end of my month as a locavore. Also worthy of chocolaty celebration is my recent engagement to Louis! Though no date is set, plans are slowly hatching for a fall 2011 celebration.

In the meantime, dry conditions have taken their toll on some garden plants. The summer squash succumbed to the heat, and tomatoes, though still productive, started to look worse for wear. We are now in the funny transition period when summer crops like cukes and zucchs are less exciting, but we are not quite ready for potatoes, leeks, and winter squash to warm us up. CSA members have also been eating celery, beets, turnips, cabbage, asian greens, arugula, beans, the first Brussels sprouts, tomatillos, peppers, broccoli, and cauliflower.

Many have been taking advantage of the last few weeks of the flower labyrinth, which is just entering its fall glory. On a splendid Saturday morning, a young woman and her fiancé came to the labyrinth to pick all the flowers for their wedding, with help from their parents and friends. We could have a frost any day, so stop by soon to walk the labyrinth and pick some fresh flowers for your celebration, your home, or your friends. Open daily, 10-6.



The stand at Poet's Walk, with Jackie sampling Sam Comfort's honey

On sunny weekends, the blue cart has been set up at the Poet's Walk with flowers, and when I've been able to sit there with garlic to clean, or a good book to read, I've brought out veggies and Sam's honey as well. Despite some problems with certain less-than-honorable poets, the stand has worked well, and I look forward to some relaxing weekends watching the leafers amble past.



Seasonal recipes

Delicata cookies (Café 51)

1 delicata squash, well-rinsed
 2 potatoes for mashing
 1 small sweet potato, or carrot, or parsnip
 1 tbsp butter
 Parmesan cheese
 salt and pepper
 olive oil

In a small pot, boil the potatoes, sweet potato, carrot and/or parsnip until soft. Put water aside to cool and use in a later soup, or put in compost. Mash the tubers with butter; add salt and pepper to taste. Set aside.

Cut delicata squash into rounds and scoop out seeds with a spoon. Bake on a lightly oiled tray at 375°F until soft. Remove from oven, place a dollop of mashed potato on each round, and sprinkle Parmesan on top. Return to oven at 400°F and remove when cheese is crispy.

Serve hot as amuse-bouche at your next funky function.

Kale pesto (Billiam)

1-2 bunches kale – any variety
 ¼ cup olive oil
 3-5 cloves garlic
 ½ cup Parmesan cheese
 ¼-½ cup pine nuts, walnuts, or toasted sunflower seeds
 Splash of lemon to taste

There are two ways of making pesto: the modern, no-sweat method, and the well-earned hearty pasta al' pesto con fagioli e patate method. Below, each method is described.

No sweat: You need a food-processor. Trim the stems off the kale, and tear the leaves into pieces. Put oil, nuts, garlic, and cheese in food processor, whirr briefly (do not make nut butter). Add kale little by little. Taste, and add a splash of lemon if too bitter.

For the alternative, you need a mortar and pestle. Each ingredient is ground separately, except the kale, which is ground little by little directly into the nuts. Mix all together and use fresh.

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

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The nutrition corner, by Rosalind

“Celery raw develops the jaw; celery stewed is more easily chewed.” (Ogden Nash)

That’s not news, but did you know that celery, both stalk and root, is good for **high blood pressure**? Furthermore, it

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can help with **arthritis and gout**, perhaps because of its high silicon content. Paul Pitchford (*Healing With Whole Foods*, North Atlantic Books, 1993) recommends celery juice with a little lemon for the **common cold**.

Upcoming events

- October 2nd, Farm Day! Shoving Leopard Farm, 9:30-12:30, then lunch. Projects may include: building solar dehydrator, weeding perennials, wood-crew, staining CSA hub. RSVP required.
- October 16th, Farm Day! Shoving Leopard Farm, 9:30-12:30, then lunch. Projects may include: garlic planting, wood-crew. RSVP required.
- October 16th, Montgomey Place Orchards Pie Contest! Pies due by 12:00 noon, judging begins at 1:00. More info at the MPO farm stand.
- October 16th & 17th, Sheep and Wool Festival, Dutchess County Fair
- October 31st, Village Halloween Parade, Greenwich Village, NYC.