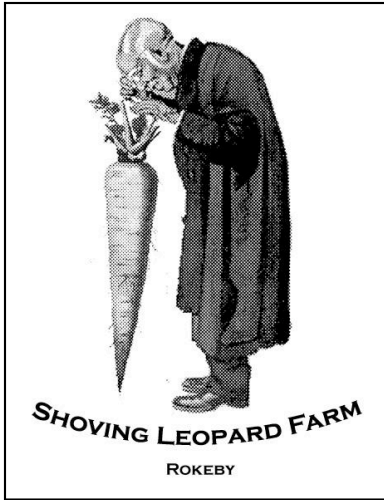


September 2011

The Shoving Leopard Leaf

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



News from the garden

We have seen it all this season, from drought to downpours, from hurricane to perfect 70 degree sunshine days. We certainly live in interesting times!

Sadly, the combination of extreme weather and the relentless attacks from deer and woodchucks finally got the better of us, and the CSA season has ended two months early.

Instead, veggies from the garden are available to all, now, in farm-stand fashion. The CSA distribution hub is currently stocked with baskets of beans, eggplant, tomatillos, onions, tomatoes, cherry tomatoes, sweet and hot peppers, chard, kale, sorrel, cabbage, summer and winter squash, basil, and eggs. Of course, the pick-your-own-flowers from the labyrinth is open, and scissors are at the distribution hub/farm stand. Prices are displayed on the chalkboard; there is a scale and a jar for change.

Anarchy Apiary honey is also for sale by the quart, pint, half-pint, and quarter-pint. Prices are listed, and there is a separate envelope by the honey for the honey-money.

The potato trial we conducted with a grant from Sustainable Ag. Research and Education (SARE) is nearing completion. The spuds have been dug and counted; all that remains is to weigh them, take Brix measurements, run a taste test, then spend some time with an excel spreadsheet! Results will be posted soon.



Closing out the season with a farm stand instead of CSA.

This difficult season has been useful for allowing me to focus on what works in the garden and what I want to expand on. The next few months will be spent reworking my business plan, and honing in on what I can do to improve the farm (besides building a new fence!).

Shoving Leopard Farm will continue, and will still have a CSA, but perhaps a greater focus will be on an education program, beginning with formalizing a course or apprenticeship for Bard students.



We are on
facebook!

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



PYO flower
labyrinth

Open daily

Shoving Leopard
Farm

845 River Road
Barrytown, NY

845-758-9961
marina@shovingleopard.
org

shovingleopardfarm.org

Fermentation Station

Dilly Beans

2 lbs. trimmed green beans
4 heads dill
4 cloves garlic
1 tsp. cayenne pepper
2-1/2 cups vinegar
2-1/2 cups water
1/4 cup canning salt

Top and tail beans, then pack them in tightly lengthwise into hot sterilized jars, leaving a half-inch of head space.

To each pint, add 1/4 tsp.

cayenne pepper, 1 clove garlic and 1 head dill. Combine remaining ingredients in a large saucepan (non-reactive, like an enamel or glass pot). Bring to a boil. Pour hot liquid over beans, leaving a half inch head space. Remove air bubbles. Adjust caps. Process pints and quarts 10 minutes in boiling water bath.

Yield: 4 crunchy delicious pints to be consumed in a few months' time.

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

Green peppers are near the top of the "dirty dozen" list that the Environmental Working Group posts of the fruit and vegetables with the most pesticide residue. So it's important to get your peppers from a local farmer you can trust, especially if you are a bell pepper fan.

These peppers are high in vitamin C. Eaten raw they add a nice crunch to many dishes, as well as taste. As members of the nightshade family, however, they may exacerbate arthritis. If you are arthritic, try eliminating peppers, tomatoes, potatoes, and eggplants to see if symptoms diminish.

Upcoming events

- Check out the NOFA NY events page for September for various workshops and events: www.nofany.org/events/field-days.
- Fall cooking class series at Warren Cutlery in Rhinebeck, with Jessica Bard and others. See website for details and times: www.kitchen-class.com
- Saturday-Sunday September 24th & 25th, Hudson Valley Garlic Festival in Saugerties, NY.
- Thursday October 6th, Hudson Valley BRAWL (Broads Regional Arm Wrestling League). Water Street Market in New Paltz, 7 PM. It's a fundraiser, but also the most exhilarating sporting event you will ever attend.
- Saturday-Sunday October 15th & 16th, Sheep and Wool Festival at the Dutchess County Fair.