

September 2012

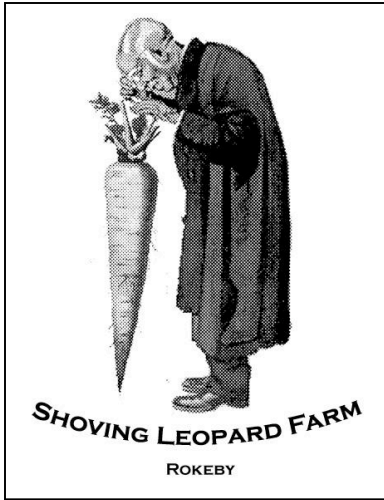
The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

Website: www.shovingleopardfarm.org

Garden Manager: Marina Michahelles

Assistants: Sarah Ashcroft, Louis Munroe, and Mila



News from the garden

No news is busy news, as the old saying goes. Life this summer at Shoving Leopard has been a blur of veggies, flowers, weeds, and seeds.

The CSA season has been fun, with each week's baskets brimming with roots, leaves, and fruits (and the occasional arthropod...). The new raised beds have made it possible to have our first really successful carrot crop, and these tap roots are tastier than any I have ever had before. The tomato plants are laden with fruit and promises of a long harvest; the sweet peppers are finally reddening up; the first winter squash are curing in the hoop house with the onions; the parsnips, fall beets and turnips, and root parsley are fattening up and sweetening up; the fall brassicae, including cabbage, broccoli, and Brussels sprouts are filling out and looking tasty; the endless string beans are not showing any signs of quitting; and the lettuce is back after its late August beach vacation.

We harvested four beds of potatoes for Matt's new liberty fries food truck venture called "Mean Frites". We will mow down the buckwheat that was planted in the potatoes' wake in order to put in next year's garlic in October.

Our first season participating in the Saugerties farmers' market has been a lot of fun. The Shoving Leopard flowers are a good fit with the several fruit and veggie vendors, fresh run-around meat and eggs, maple syrup and honey, baked goods, and more offered at the market. Come by to visit on Saturdays, 10-2. In the next few weeks, along with our usual fresh flower bouquets, we will be selling dried arrangements and decorated garlic braids.



Getting ready for market

The flower labyrinth is open and in full glory. It has been providing the flowers for the stand on Poet's Walk, open on weekends. The pick-your-own is open daily during daylight hours.

Our duck, who was widowed a year and a half ago, went broody and sat on her cache of eggs, well hidden in a thicket. It seems that her hen friend thought it was a nice place to lay an egg because three baby chicks hatched under the duck. She is now the adoptive mother of three very cute chucks. Dickens? I wonder if they will learn to swim.



We are on
facebook!

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



PYO flower
labyrinth!
Open daily
through the hard
frost.

Shoving Leopard
Farm

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Seasonal Recipe, by Dominick Jones

Green Beans

You can boil green beans in plenty of salted water 'till dun, or you can braise them. Added baking soda softens the pectin in elderly beans but makes them mushy. Or, for braising: after breakfast or lunch, slightly undercook the beans in as little water as you dare. Reserve the pot liquor and let the drained beans hang around on the counter to dry

off until dinner. Later, mince plenty of garlic while reducing the pot liquor to a spoonful or so. Make a slurry with tomato paste, anchovy paste, maybe dried mushroom powder, pepper and olive oil. Then, cook the garlic in it until your eyes have nearly stopped stinging. Amalgamate the drained beans and serve.

The Nutrition Corner, with Rosalind

String Beans/Green Beans

Apparently all the many beans in the *phaseolus vulgaris* group originated in what is now Peru. The string bean (green bean, also French bean) distinguishes itself by offering up both bean and pod for our dining pleasure. It's a good source of vitamin C and reasonably good one

for iron and potassium. This plant is famously one of the "three sisters" of Native American agriculture, the other two being squash and corn.

Rosalind Michahelles
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Upcoming events

- Saturdays in September and through mid-October (minus the Saturday of the garlic festival – see below): Shoving Leopard Farm at the Saugerties Farmers Market. We are selling fresh flowers, Anarchy Apiaries honey, and dried arrangements. 10-2.
- Monday September 10th: Shoving Leopard Farm at the Bard Farmers Market, with similar goods. 2-7.
- Friday September 14th and Saturday 15th: Red Hook Bicentennial celebration continues with a performance of "Our Town" by Thornton Wilder. 7:30 at St. Paul's Lutheran Church. \$5 at the door.
- Saturday September 22nd: 5th annual day to be seedy at the Hudson Valley Seed Library. Tours, demonstrations, and potluck. \$5 admission to non-members; [reservations required](#).
- Saturday September 29th-Sunday 30th: Hudson Valley Garlic Festival in Saugerties. Tickets \$10 at the gate, \$7 in advance. See website for details: <http://hvgf.org/>
- Every Saturday in October: Fall puppet raisings in preparation for the Village Halloween Parade. All day at the Superior Concept puppet barn at Rokeby. Learn more [here](#).
- Saturday October 20th: Montgomery Place Orchards pie contest!