

April 2010

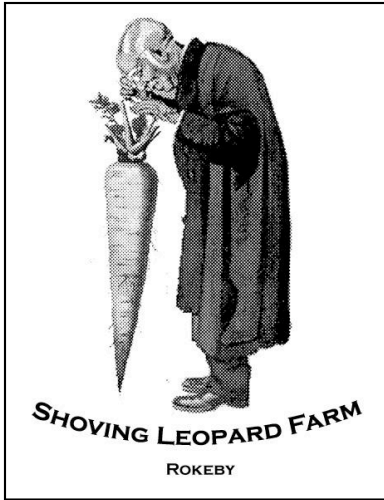
The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

Website: www.shovingleopardfarm.org (for organic!)

Garden Manager: Marina Michahelles

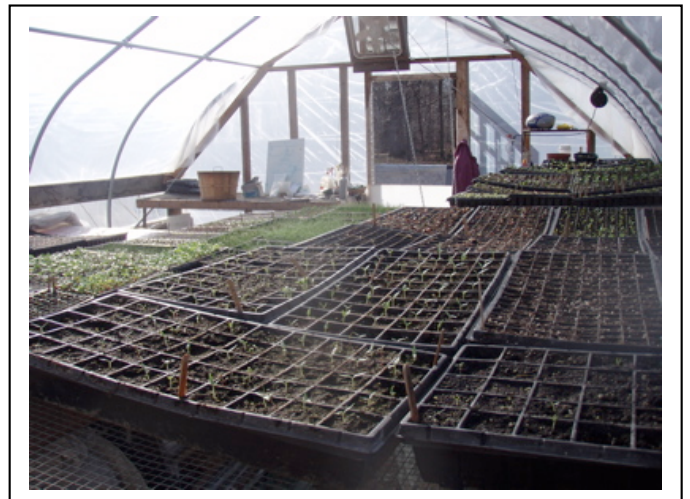
Assistants: Louis Munroe and the chicken nuggles



News from the garden

It has been a productive spring so far. The hens have started to lay between a dozen and twenty eggs a day; Jackie and I dug a vermicompost pit in the greenhouse and used to fill for the foundation of an herb spiral; the seedlings in the greenhouse have taken off and many have their first true leaves. The late March rains have kept the brush mower and the (working!) rototillers out of the garden, but soon the onion and potato beds will be prepared in anticipation of the second annual garden parties on the 17th (potato) and 24th (onion).

Greenhouse work this season is a bit more time-consuming because we are participating in a nutrient density field trial. Keeping all else constant, we are comparing the emergence, the growth, and the Brix measurement (percent of solids in sap / fruit) of vegetables grown with and without inoculants for soil biology such as bacteria and mycorrhizae, etc. The hypothesis is that plants grown in an environment in which the soil biology is fed will be better able to access the nutrients they require to grow, stay healthy, and reproduce themselves. Better access to nutrients should also result in more nutritive plants. CSA members will be offered both the nutrient dense and the nutrient... um... sparse veggies and can offer their double blind taste test feedback.



The first greenhouse seedlings

As seedlings emerge and are thinned out, six-packs and 4-inch pots are filled in preparation for the plant sale on Saturday May 29th. There will be veggies and flowers of all kinds, so make room in your garden! You can drop off clean six-packs and 4-inch pots if you have some – but please call first so that we don't accept more than we have room for.



Tee shirts with Shoving Leopard Farm logo available for \$10!

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



PYO flower labyrinth
Coming soon!

Shoving Leopard Farm

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Seasonal recipes

Grilled Tuna with Ramps & Anasazi beans

4 Tuna Steaks about 1 inch thick
1/2 C Anasazi Beans soaked for at least 2 hours
8 fresh Ramps
4 Roma tomatoes
1 tbsp Rice Wine Vinegar
1 tbsp fresh Parsley
2 tsp salt
2 tsp fresh ground Black Pepper
1 cup extra virgin Olive Oil

Add one tbsp of salt to one quart of cold water and the beans. Simmer over medium heat for about one hour. Check after 45 minutes. They should be soft but with just a slight bite to them. Remove from heat and drain.

Toss the tomatoes in 1/2 tbsp of the salt and 1 tsp of the pepper and 1/4 cup of the Olive Oil. Grill over high heat turning often until

charred all the way around. Remove from heat and cover in a bowl until soft all the way through.

Combine tomatoes, 1 tbsp of salt, 1 tsp of pepper and the rice wine vinegar in a food processor and puree. Slowly add all but one tbsp of the Olive Oil until well incorporated. Adjust the seasonings and reserve.

Rub the tuna steaks and the Ramps with the remaining Olive Oil, Salt and Pepper and grill the Tuna for two minutes per side. The Ramps should be grilled for about the same time or until soft.

Place a mound of the beans in the center of four plates. Slice the Tuna into about 5 slices and fan over the beans. Drizzle the vinaigrette around the plate and top everything with two grilled ramps on each plate.

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

Allium – a Yummy Family

The stalwart onion, the pungent garlic, the luscious leek, and the zippy chive are all related. Some of the nutritional benefits they confer on the lucky eater, according to Paul Pitchford (*Healing With Whole Foods*, North Atlantic Books, 3rd edition, 2002), are:

- To reduce blood clotting;

- To help remove heavy metals;
- To discourage parasites;
- To aid in the digestion of protein.

So, if you're a big meat eater, be sure to include the onion family in your meals. However, Pitchford warns, don't overdo it if you are seeking emotional balance – these vegetables are too exciting!

Upcoming events

- April 10, Pruning workshop with Lee Reich. \$35, registration required. www.leereich.com. 2-5:30 PM.
- April 10, 2nd Annual Int'l Raw Milk Symposium. For information and registration: www.RawMilkSymposium.org 8:30-5.
- April 22, 2nd annual Earth Day Clean Up in Red Hook. Email Micky Strawinski for more info: mstrawinsk@aol.com. 1-5.
- April 24 & 25, 40th Anniversary of Earth day at the Dutchess County Fair Grounds. \$5/ adult, children and seniors free. 10-5.