

April 2009 Issue

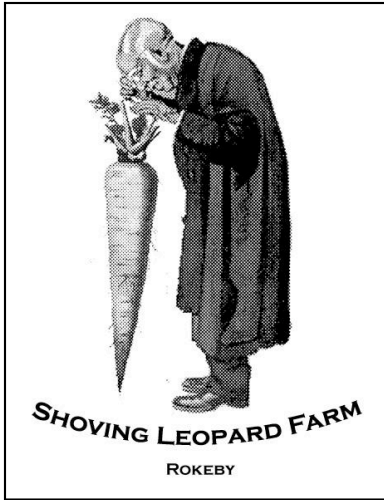
## The Shoving Leopard Leaf

*Shoving Leopard Farm: 845-758-9961*

*Website: [www.shovingleopardfarm.org](http://www.shovingleopardfarm.org) (for organic!)*

*Garden Manager: Marina Michahelles*

*Assistants: Louis Munroe, Gretchen, the chicks, and nuggets*



### *News from the garden*

Spring has sprung in the Hudson Valley! Meg's baby Susanna was born on March 13<sup>th</sup>, the first spring peepers were heard on the 16<sup>th</sup>; a carpet of those yellow flowers (small whorled pogonia?) bloomed on the 18<sup>th</sup>, the first ramps were sighted on the 22<sup>nd</sup>, and 18 healthy baby chicks arrived at the post office on the 23<sup>rd</sup>. Now over a week old, the chicks express all their henly instincts – scratching, stretching, preening, dusting, and fighting over worms and sprouts.

The brassica and allium starts in the greenhouse are keeping their feet warm with electric blankets, and the more tender tomato, pepper, eggplant, and lettuce starts are in the kitchen benefiting from the wood stove. The first sugarsnap and shell peas have been planted in a bed of perennial creeping onion (thanks to Tesha); currant suckers have been stuck in where last year's cuttings didn't take; and the new bed of blueberries and rhubarb has been started (more rhubarb divisions welcome!).

The next couple of weeks will be spent preparing garden beds for the transplant of collards, broccoli, cabbage, kale, beets, lettuce, leeks, onions, scallywags, and chards, and for the direct seeding of oats and peas, Asian green mixes, salad mixes, herbs, potatoes (10 varieties!), beans, carrots, radishes, scorzonera, and turnips. Volunteer help will be greatly appreciated.



A Buff Orpington showing off her new wings

There are a few open spots for the 2009 CSA, so please spread the word. The new website has information about the CSA and a sign-up sheet: [www.shovingleopardfarm.org](http://www.shovingleopardfarm.org).

This newsletter will be archived with previous ones on the website so that you can relive the seasons and refer back to Abra's delicious recipes and Rosalind's nutrition tidbits.

## Seasonal recipes, by Abra



Tee-shirts with Shoving Leopard Farm logo available for \$8!

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



PYO flower labyrinth closed for now  
Open again in July

Shoving Leopard Farm

845 River Road  
Barrytown, NY

845-758-9961

marina@rokebyfarm.org

shovingleopardfarm.org

### Sun choke Fondant

1 lb sun chokes  
2oz butter  
4oz stock  
3 sheets gelatin bloomed in ice water  
1 C cream then whipped

Peel and sweat chokes in butter  
Add stock and season heavily  
Add gelatin  
Blend until smooth  
Let cool  
Temper in whipped cream  
Pipe

### Ramp Soup

5# cleaned ramps  
2 ½ gallons  
5 peeled yukons  
1 pt cream

Sweat ramps in butter  
Add in the Yukon diced and the chicken stock  
Cook till potatoes are tender and blend  
Finish with cream

[www.bareknucklefarm.com](http://www.bareknucklefarm.com)

## The nutrition corner, by Rosalind

In the spring of the year, seeds realize their potential by sprouting. What happens? The seed releases enzymes to convert stored food into available food – for the plant and thus for us in the form of vitamins, enzymes, amino acids and simple sugars. In their early growth state, sprouts are very easy to digest. Recent research by the American Cancer Society suggests that sprouts may contain anti-cancer properties, high levels of active antioxidants, concentrated amounts of

phytochemicals and significant amounts of vitamins A, C and D. (See: [www.hopkinsmedicine.org/press/1997/SEPT/970903.HTM](http://www.hopkinsmedicine.org/press/1997/SEPT/970903.HTM))

Edible sprouts are many and various: alfalfa, mung bean, lentil, radish, clover, sunflower, broccoli, garbanzo and adzuki. If any of these are new to you, why not give them a try?

[www.nutrition-matters](http://www.nutrition-matters)

## Upcoming events

\*Beekeeping workshops at Poughkeepsie Farm Project. April 4<sup>th</sup>, 9 am – 12 pm, Poughkeepsie. \$30-\$35, pre-registration. [www.farmproject.org](http://www.farmproject.org)

\*Annual Work Weekend at Awesome Farm. April 4<sup>th</sup>, 10-6, and April 5<sup>th</sup> 10-5. "Join us for coop building, repairing and upgrading, spring cleaning, and general merry making while we work."

[www.awesomefarmny.com](http://www.awesomefarmny.com)

\*Grafting Workshop with Lee Reich. May 2nd, 9-11:30 am, New Palz. \$60, pre-registration required. [www.leereich.com](http://www.leereich.com)