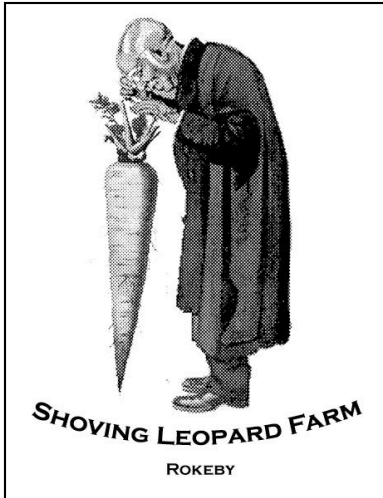


August 2007 Issue

# The Shoving Leopard Leaf

*Shoving Leopard Farm: 845-758-9961*



## *News from the garden*

It is already August, and you have had no news from Shoving Leopard Farm – How can this be?! My only excuse is that the time I spent on public relations last year has this year been spent on completing my master's thesis. While we may have been absent from your inbox (perhaps not such a bad thing), the garden has not suffered, and indeed is healthier than I could have imagined!

After a slow start (and a late start), the garden is green and lush with flowers, fruits, and vegetables. Abra, who recently studied at Ballymaloe cookery school in Ireland, came to

lend a green thumb for almost three weeks in July. Not only did she weed, plant, and water; she also chopped, sautéed, and braised. Future volunteers have a lot to love up to...

We are growing everything that we grew last year, plus many more varieties of each. We are also trying potatoes, celery, and fennel, so far with moderate success.

There is so much to catch you up on, but perhaps I'll wait 'til I see you at the stand – as always down the hidden lane that bridges Rokeby and Poet's Walk.

## *At the stand*

I will not run the stand this month as I am trying to finish my thesis. However, you can put in an order for the following, to be picked up:

- \*Fresh Herbs
- \*Picklin' and slicing cukes
- \*Haricots verts, black valentine green beans
- \*Summer squash in all shapes and sizes
- \*Salad mix
- \*Sour dough bread and starter
- \*Peach and plum pies!

Later this month the pick-your-own bouquet labyrinth will be ready. If you are interested in walking the labyrinth, email or call first so that I can be sure to be there.



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

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

845 River Road  
Barrytown, NY 12507

**Phone:**  
845-758-9961

**E-Mail:**  
marina@rokebyfarm.org

## Recipes of the month

### Braised Lentils with Chard

½ lb green lentils  
1 onion  
1 carrot  
1 stalk celery  
Bouquet of thyme, parsley stalks and a bay leaf  
1 bottle of quality red wine  
1 lb chard or kale stems diced and leaves torn

In a medium-sized flat pan sweat the chopped onions, carrot and celery with the herb bouquet until tender. Add the lentils and sauté briefly. In small doses add the red wine and allow to reduce almost completely before adding the next dose, much like making risotto. When lentils are ¾ of the way cooked through, add the chopped stalks of the chard and allow to tenderize. Fold through the leaves and allow them to soften. Taste and adjust seasoning as needed.

### Zucchini with Walnuts and Marjoram

4 zucchini or other types of summer squash  
½ lb whole walnuts  
6 sprigs of marjoram chopped  
Lemon zested and juiced  
Olive oil  
Salt and pepper

Toast walnuts in a 350 F oven until they are nutty and slightly darker brown about 10 min. Heat a pan over medium-high heat until olive oil is just below the smoking point. Add sliced squash so that the bottom of the pan is covered but not overloaded. Cook until they are brown but still firm. Flip just to sear the other side and remove to a large bowl. Add walnuts, marjoram, lemon zest, pepper and olive oil. Taste and adjust with salt and lemon juice.

## Interesting Reading

I am sure that by now you have all read the "[Omnivore's Dilemma: A natural history of four meals](#)," by Michael Pollan. I also recommend Kingsolver's latest, titled "[Animal, Vegetable, Miracle: A year of food like](#)." I am also ready Bill McKibben's "[Deep Economy](#):"

Wealth of communities and a durable future," which is finding its way into my thesis.

And what are you reading?

## Upcoming Events

\* August 10-13, [NOFA Summer Conference](#) in Amherst, MA.

\* August 21-26, The [Dutchess County Fair](#) in Rhinebeck, NY.

## Produce Puns

That's radicchio!

You act so dilly...

You're simply radishing!