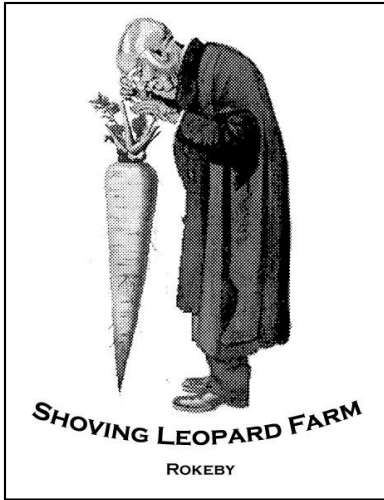


The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

Garden Manager: Marina Michahelles

*Garden Assistants: Louis Munroe, Jen Carson, Gretchen Poulet
and The Chicks*



News from the garden

This July was a hot one with a few rainless weeks early on. Some of the little starts – some carrots, beets, and new greens – suffered, but what has made it through is now thriving. I watch in amazement as 4-pound “Mortgage lifter” tomatoes ripen on the vine, as the volunteer pumpkin takes over the front bed, and as sweet corn makes a miraculous recovery from the dry spell. The flowers are growing, some of the copper amaranth are over 10-feet tall!

Cucumbers and summer squash have been hit hard by cucumber beetles and squash bugs, which have been squished and squashed on an almost daily basis; Japanese beetles and tomato horn worms – some covered in parasitic wasps as evidence of organic gardening in action – make delectable snacks for the chicks.

I have built yet another chicken house, this one reminiscent of the wompa wompa bird cage in “The Twits” by Roald Dahl. There are two nesting boxes that Gretchen has become territorial of, and where she continues to lay an egg a day. One of the auracana hens is showing signs of broodiness, as she hovers over the egg when Gretchen is foraging for bugs and grass. I think they’ll be happy in this one through the fall.

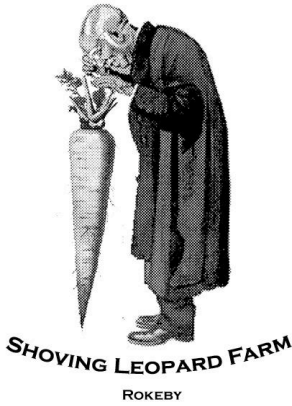


At the stand

Open with extras on fair-weather weekends!

Beginning August 16th, the stand will have:

- Flowers
- Beans (haricots verts, dragons’ lingerie, more)
- Zucchini and other summer squash
- Heirloom tomatoes, peppers (hot and sweet)
- Okra
- Herbs
- Sam’s Rokeby Bees’ Raw Honey
- More if there are extras from the CSA



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

Choose from a variety of styles, sizes, and colors!



PYO Flowers
Tuesday-Sunday
10-7

845 River Road
Barrytown, NY 12507

Phone:
845-758-9961

E-Mail:
marina@rokebyfarm.org

Recipes of the month, by Abra

Picallily

4 C apple cider vinegar
2 C water
1 C sugar
1 C dry mustard
½ C horseradish
1 T black pepper
1 t all spice
1 T salt

Combine and pour over blanched veg
Jar and process

Pickled Sweet Cherries

1 ½ C red wine vinegar
1 ½ C red wine
1 C brown sugar
4 tsp salt
thyme and bay or black pepper and sage

Bring all except the spices to a boil and pour over cherries that have filled sanitized jars.
Add spices and herbs
Put on sanitized lids and seal in a hot water bath.

Ratatouille

1 large eggplant
2 zucchini or summer squash
1 onion
3 cloves garlic
Pinch of chili flakes
1 bell pepper
1 tablespoon of capers
2 large tomatoes
(Any other summer vegetables you'd like to add)
Parsley, basil or marjoram to garnish

Sweat the onion, garlic and chili flakes in olive oil
Add the roughly chopped tomatoes and let them cook down
Meanwhile salt the sliced eggplant and then sauté until dark brown in a separate pan
Add the rest of the veg including the eggplant and capers
Taste and adjust for seasoning.
The texture should be reduced but still slightly liquidy.

The Nutrition Corner, by Rosalind

Kale – the Headless Cabbage

Nutritionally kale offers you beta carotene, vitamin C, vitamin K, calcium, lutein, and zeaxanthin. Those last two, you will remember, are considered enormously helpful for the eyes, especially if you might be prey to macular degeneration.

Kale is, furthermore, a source of **manganese**, one of those trace minerals we can't do without. Why not? Because it seems to cover a lot of territory: enzyme activation, mineral absorption,

vitamin C utilization, bone and muscle strength, and nerve well-being, among other functions.

Beware, however, of too much kale if you take anticoagulants (e.g., warfarin) as the vitamin K in kale may increase the blood thinning beyond what's desirable. If for that reason you aren't supposed to eat it, you can instead visit Marina's garden to look at it. The purple-and-green variety is very decorative indeed.

rosalind@nutrition-matters.info

A Local Hotspot

PYO Flowers
Tuesday-Sunday
10-7



The farm stand is open on Sat and Sun, from 11-6. It is accessible from Rokeby or from the Poet's Walk, both off of River Road in Barrytown.



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A new crêperie in town

Austin and Axel have caught the entrepreneurial bug and have opened a crêpe stand in the back of Migliarelli's farm stand at the corner of 199 and River Road.

Both savory and sweet toppings are offered, and feature local, seasonal fruit. They are open Wednesday through Sunday (I think!), and usually run out of batter by 3:30 PM, so hurry up!

Raw Honey, by Sam's Bee

2008 Price List

- 1 lb. jar raw honey- \$7
w/ honeycomb - \$10
- 2.5 lb. jar - \$15
w/ honeycomb - \$18
- Cut comb, 4 inch square - \$10
- Beeswax t-light candles - \$1 or 6/\$5

All in LIMITED QUANTITIES for the next few weeks till goldenrod comes into full bloom.

Sam Comfort, Anarchy Apiaries
406-396-8357,
anarchyapiaries@hotmail.com

Upcoming Events

* NOFA 34th Summer Conference, August 8th through 10th at UMass, Amherst, MA.

* Seeds and Salsa Workshop, August 16th from 1:30 to 3:30 at Poughkeepsie Farm Project. \$8 members, \$10 non-members. Register in advance at info@farmproject.org.

* Hot canning workshop – relish and salsa, August 19th from 5:30 to 7:30 at Poughkeepsie Farm Project. \$20 members, \$25 non-members. Register in advance at info@farmproject.org.

* Dutchess County Fair, August 19th through 24th from 10-10 at the Dutchess County Fair Grounds in Rhinebeck. Purchase tickets online in advance to save a few dollars for a few extra rides!

How to find the stand

