

July 2009 Issue

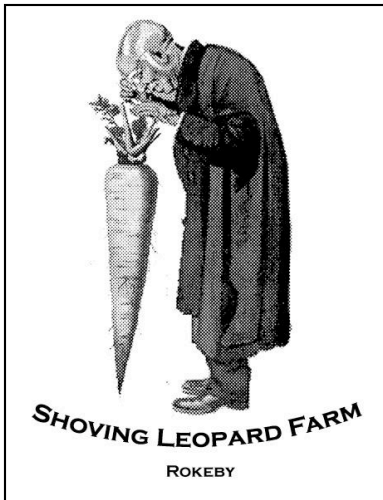
The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

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

Garden Manager: Marina Michahelles

Assistants: Louis Munroe and the chicken nuggets



News from the garden

I was so excited for the first CSA pick-up this year that I couldn't sleep the two nights before. I was keeping myself up thinking things like, "Don't forget the rubber bands on the back table" and "Did I already bring the bag-hutch to the greenhouse?" The day finally arrived, and we harvested lettuce, radishes, chard, kale, collards, turnip thinnings, scallions, garlic scapes, blue Chinese cabbage, pak choi, and cilantro. We've since had our first small beets, beans, broccoli, and summer squash. Next up are cucumbers, cauliflower, cabbages, onions, and tomatoes!

We had a couple of very successful "weed 'n' seed" parties with volunteers coming from as far as Ohio, Arizona, NYC, and the Yellow House to yank out rag weed, flea bane, plantain, and other so-called opportunists. The eggplants, beets, carrots, and beans were rescued from certain weed death, and the four asparagus beds were prepared for manure and mulch. We also planted the final successions of corn, winter and summer squash, and cucumbers.

The first zinnia and cosmos are blooming in the labyrinth, which is starting to fill out. By the second week in July there should be enough flowers to set the first bouquets out on the blue cart by the Poet's Walk. Any extra veggies will also be set out at the stand.



First share of the season with a dozen eggs from Awesome Farm

The Pick-Your-Own flowers labyrinth will open to the clamoring public on July 11th. We provide the scissors, buckets, newspaper and rubber bands; you bring an eye for color.



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

Opens July 11th

Shoving Leopard Farm

845 River Road
Barrytown, NY

845-758-9961

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shovingleopardfarm.org

Seasonal recipes, by Abra

Root Gratin

- 1 lb beets
- 1 lb turnips
- 1 lb kohlrabi or potatoes
- 2 cups cream
- 1 cup grated melting cheese (raclette, gruyere, swiss, fontina etc)
- thyme or sage chopped

Peel the vegetables if needed and slice 1/2" thick slices
 In a large baking dish put down a layer of each vegetable seasoning with salt, pepper, and herbs between each layer
 When all the layers are in pour the cream over the vegetables, cover with tin foil and bake at 350F until bubbly and tender to the pierce of a knife (about 30-60 min)
 Remove the tin foil and sprinkle with the cheese and place back in the oven or

under a broiler to melt and brown the cheese
 Serve

Radish Sandwiches

- 1 loaf whole wheat or pumpernickel bread
- 10 radishes sliced thin
- 1/2 lb butter
- 1 bunch parsley
- sea salt

Soften the butter and beat with a mixer adding the parsley and salt
 Slice the bread 1/2" thick and toast
 Butter the bread and then layer with the sliced radishes
 Sprinkle with sea salt and serve

www.bareknucklefarm.com

The nutrition corner, by Rosalind

By all means, eat Marina's cucumbers. However, you might want to keep one handy in case you suffer from a minor burn, a sunburn, a swelling, a rash, or even wrinkles! You can either apply a slice to the affected area or you can mash the cucumber and spread it on for up to half an hour. For the swelling, herbalist James Duke explains that "cucumber contains at least two anti-edemic compounds: ascorbic acid and caffeic acid." So much for

topical applications. What happens if you actually eat the cucumber? Well, if you have a tapeworm, that's what you should be eating. If you have a strong urge for cucumbers, get yourself checked for intestinal parasites. Barring that, though, cucumbers just mean summer and salad – or delicate sandwiches with afternoon tea.

www.nutrition-matters.info

Upcoming events

- * July 3rd-5th: 5th Annual NE Permaculture Convergence, Montpelier VT. Email: PermacultureConvergenceRegistration@hotmail.com for details.
- *July 8: Wild Weedwalk Workshop at PFP, 6-8 PM. \$20 member/ \$25 non-member registration fee; register at info@farmproject.org.
- *July 10th-12th: Plein air oil painting course, with Louis Munroe in Glendale Springs, NC. Details at www.florenceartschool.org.
- *July 11th: Mulching party at Shoving Leopard Farm. Free! 10-3.
- *July 16th: Growing Backyard Berries, with Lee Reich in New Paltz, NY, 6:30-9:00 PM. \$30 pre-registered/ \$35 at the workshop. More info: garden@leereich.com.