

July 2010

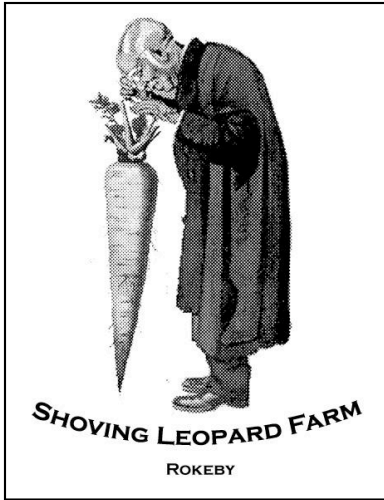
## The Shoving Leopard Leaf

*Shoving Leopard Farm: 845-758-9961*

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

*Garden Manager: Marina Michahelles*

*Assistants: Louis Munroe, the "new" chicken nuggles and water fowl*



### *News from the garden*

July has so far not produced a single drop of rain and our first heat wave has left many of our plants looking very thirsty indeed. The relatively cool early morning hours are spent hauling buckets and watering cans to the far end of the garden to bring fish and kelpy water to tomatoes, peppers, squash and corn. Transplanting and direct seeding has been put off until there is a chance of rain.

The first month of the CSA was filled with bigger greens than our clay soils have ever produced. Members went home with chard and kale leaves as big as elephant's ears, and ate lettuce that was almost too obscene to include in the baskets. They also went off with scallions, garlic scapes, radishes, beets, turnips, boc choy, various Asian greens, and peas .

This week we harvested the first small summer squash (eight ball and patty pans), our first broccoli (though it seems late), cukes, and our first cherry tomatoes! Close behind are the cabbages, carrots, onions, beans, fresh garlic, potatoes, and more and more greens, as well as the labyrinth's flowers.

The eight varieties of garlic will be harvested and dried in a dark cool shed, making room in the garden for the fall brassicas: cabbages, broccoli, and Brussels sprouts. The young transplants will be protected from dry weather by old hay mulch.



Happy helpers on the wagon with mulch for the tomatoes.

Our June "mulch and cherry pie" party was a great success as we managed to mulch the entire tomato section incurring just one exciting bee sting. This was done just in time for the two weeks without rain. Mona brought amazing Greig Farm blueberry and Montgomery Place Orchard aprium tarts to make up for my attempt at pie.

This month's blueberry pie party will be accompanied by a cob oven-building event, either on the third or the fourth Sunday of the month.



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

Open weekends 9-5

Shoving Leopard Farm

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## Seasonal recipes

### Kimchi by Eric Armstrong

- 1 Napa cabbage
- 3 Carrots
- 2 Cucumbers
- 3 Broccoli heads
- 2 Bunches of scallions
- 1 Season fruit (Peach? Nectarine?!)
  - 1 Lemon
- Rice vinegar
- 1 Tbsp Sesame oil
- Kosher or sea salt
- 1 handful crushed red pepper
- 1 Head crushed garlic
- ½ Handful sesame seeds (roasted or raw)

Veggies: Rinse all veggies thoroughly in water with some salt and vinegar.

Cut cabbage in quarters horizontally, then into thin strips vertically. Place in a bowl, sprinkle liberal amounts of salt and mix gently with your hands. Let stand while you prep remaining veggies.

Peel carrots and cukes, cut them into 1-

inch lengths, then slice them into ¼-inch pieces. Add to bowl.

Break broccoli up into florets, and thinly slice remaining stalk, having removed any leaves. Add to bowl.

Top and tail the scallions, and slice fleshy bulb and green tops lengthwise first, then into short sections. Add to bowl.

Remove the skin and seeds of the fruit, but up into tiny bits, and add to bowl.

Chili paste: In a bowl, combine crushed red pepper, garlic, and sesame seeds. Add enough vinegar to form a smooth paste when needing with your hands. Add sesame oil, and continue to need. The paste should become uniform in color and remain bright red.

Add chili paste to veggies, mixing one spoonful at a time with your hands until all veggies are evenly coated. Add more chili paste if you like it HOT!

### The nutrition corner, by Rosalind [www.nutrition-matters.info](http://www.nutrition-matters.info)

**Eggs is eggs** - Why are the eggs of pasture-raised chickens so good for you? They abound in vitamin D and omega-3 fatty acids, both useful anti-inflammatories. They also provide choline, an important kind of nourishment for the nervous system. Choline helps memory, too. Remember

that!! Eggs are good food for convalescents because they are easily digested and their protein fully absorbed. Earlier concerns about egg yolks and heart disease have been dismissed by medical research, so an egg or two a day is back in style.

### Upcoming events

- July 11<sup>th</sup>, final match of the World Cup in South Africa, Spain vs Netherlands. Spain won 1-0 during overtime.
- July 15<sup>th</sup>, Lee Reich's berry-growing workshop. [www.leereich.com](http://www.leereich.com) for more information. \$40. 6:30-9.
- July 16<sup>th</sup>, Mary-Beth Hughes' (CSA member) reading and signing of her latest: "Double Happiness: Stories" at Oblong Books. 7:30.
- July 21<sup>st</sup> -August 6<sup>th</sup>, Permaculture course at Rancho Mastatal in Costa Rica. [www.ranchomastatal.com](http://www.ranchomastatal.com) for more info.
- July 24<sup>th</sup>, Edible Sculpture party. Bring an edible sculpture to the Tivoli park veranda by 5:30. YUM!
- August 13<sup>th</sup>-15<sup>th</sup>, NOFA summer conference. Hooray!