

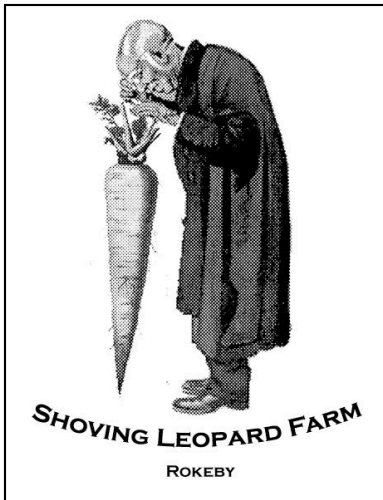
July 2008 Issue

## 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*

What a difference it makes to begin the season on time. Whereas the last two years we only began in earnest in late May, we're already waiting for the first tomatoes to ripen in the next week or so, some peppers are ready, the summer squash are starting to produce, the onions are bulbing, the garlic is about ready to pull, turnips and carrots are fattening up, the corn is at *least* knee high, and the 4-month old chicks are thinking about laying. Peas and radishes suffered from the strange spring weather; the peas are reluctant and the radishes were tricked into thinking they had lived a whole year and have gone to seed... I guess we won't have to seed more for a fall crop.

The CSA has been going well, with more and greens being harvested each week. I am looking forward to July's bounty, and expect to be able to set up the stand on weekends beginning in mid-July.

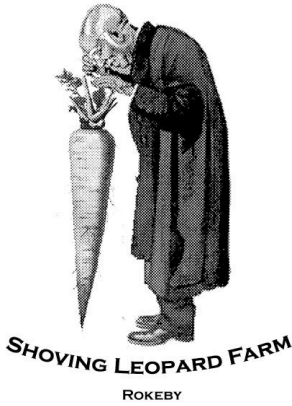
The consistent shallow evening showers have kept the garden growing, and the weeds are neck and neck with the crops. I may have overworked myself a tad trying to keep up, and was forced to take a 17-hour nap when Erlychia struck! Erlychiosis is a tick-borne bacterial illness similar to Lyme, but more easily eradicated. My antibiotic kept me out of the sun, and I decided that having help in the garden for even just 10 hours a week would help me and the garden stay healthy.

Jen had helped me in the garden before, has plenty of experience, lives at Rokeby, and doesn't seem to mind my terrible jokes, so she was the perfect candidate, and a great addition to the garden.



Emily picking up the first CSA share. (Emily's scrumdilyumptious rhubarb pies are for sale at Montgomery Place Orchard farm stand!)

## Recipes of the month, 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 Flowers opens the third week in July!

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### Basic Pickle Recipe

2C water  
1C vinegar  
1/2 C sugar  
2Tbspn kosher salt  
Spices (vary for what your pickling)

Sanitize the jars and lids you will be using to pickle either in a dishwasher or a hot water scrub. Fill (but don't cram) the vegetable into the jars and add whatever seasoning you like (spices, herbs, garlic etc). Bring the pickle liquid mixture to a boil and pour over the vegetables leaving an 1/8th of an inch gap from the top of the jar. Seal the jars and then unscrew the ring 1/4 of a turn. Place the jars into a large pot of simmering water. This will seal the jars by pushing out all extra air and then when they cool vacuum sealing the lid. For a pint jar-- 15 min, quart-- 30 min, 1/2 gallon-- 45 min. After removing from the simmering water allow to cool completely and if the lid is still bubbled repeat the process.

Water processing the jars helps ensure sanitation, but can also be skipped if the contents of the jar are above 175 degrees when the lids are screwed on. Jam for example doesn't usually need to be water processed but doesn't hurt either. It is normal to lose a little of the pickle liquid during the water bath and as long as the jar seals it should be fine. If any of your jars bubble, hiss or explode do not consume!!

### Basic Jam Recipe

60% fruit  
40% sugar  
pinch of salt

Clean and weigh your fruit. Calculate the appropriate amount of sugar, decreasing or increasing if needed. For example if your strawberries are very sweet use less sugar. The sugar will help the jam to become firm, but only about 30% sugar is needed to preserve the fruit. Place the fruit in a large pot and heat gently until it starts to break down. Meanwhile place the sugar in a heatproof bowl and warm in a 200 degree oven. When the fruit has broken down some add the sugar and stir until the jam sets firm on a cool plate or until a candy thermometer reads 221F. (Heating the sugar helps bring the jam to the proper temp faster and means that the fruit will cook less time and so helps keep a fresher flavor. Alternately you can combine the fruit and sugar and let sit overnight and then bring the liquid to 221 and pour over the soaked fruit.)

## The Nutrition Corner, by Rosalind

### Purslane: Cooked or Raw?

You can have it either way and either way it will provide you with strong doses of both vitamin A and of potassium. Vitamin A is a real winner as it helps you with your eyesight, your breathing, your immune system in general, your bones and your skin. Add the potassium, which helps get oxygen to your brain for clearer thinking and which will also lower your blood pressure – should you want it lower – and you will agree that Marina's purslane is worth adding to the menu.

Other advantages? Purslane apparently contains more Omega-3 fatty acids than any other leafy vegetable that doesn't grow in the sea. Plus vitamin C and magnesium and calcium....By now you should be champing at the bit!

By the way: common Purslane (*Portulaca oleracea*), also known as Pigweed, is, according to Wikipedia, a native of India and the Middle East with a hint of pre-Columbian presence in Canada. So, if it's new to your diet, you can feel exotic in either time or space when you eat it.

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