

June 2009 Issue

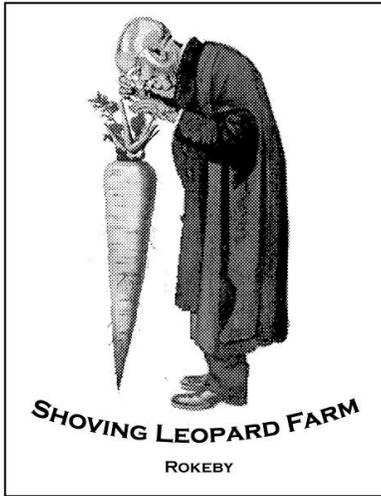
The Shoving Leopard Leaf

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

Shoving Leopard Farm is about to enter its second CSA pick-up season, and the garden is right on track. The head lettuces are bulking up; the chard, collards, and kale are ready for the first harvest; radishes, beets, and turnips are swelling; and even the first early broccoli has put out a floret. Close behind are the scallions and spinach heads; the bean plants are almost a foot tall, and the earliest tomatoes are flowering... but these may be discouraged to promote a little more vegetative growth.

The first and second successions of the three sisters (corn, beans, and squash) are in the ground and looking robust; the early and the canning tomatoes are in the ground and the fall varieties are a week away from transplant; bell peppers and eggplants have been popped in the ground and share their beds with carrots, basil, parsley, cilantro, celery, celeriac, onions, lettuce, and spinach.

Zinnia, cosmos, aster, snapdragons, ageratum, celosia, and many others are slowly filling the flower garden, which will be encircled by a ring of sunflowers and decorative corn.

The new garden gate/trellis is up and fully functioning. It will support the newly transplanted hardy kiwi vines, various vining cucumbers and nasturtium, as well as pole beans and gourds.



The last portrait of our beloved Gretchen, with her new friends from Liberty View Farm

Sadly, we lost one of our best friends and workers in an early morning fox raid. Gretchen and four of her friends have gone to join Hensel in the great worm-bin in the sky. The remaining layers, Blue Boots and the little yellow Auracana, have joined the flock of nuggets for the time being. When the electric fence is fixed, they will all move to a hopefully safe summer run just outside the garden.



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

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

Seasonal recipes, by Abra

Seared Whitefish with Peas and Radishes

- ½ lb fresh peas
- 1 shallot
- 1 bunch radishes
- Handful of pea tendrils
- 4 sprigs of mint or marjoram
- 4 filets of whitefish or similar flakey fish with the skin still on

In a small sauce-pan melt a large knob of butter until foamy
 Slice the shallot and gently sweat in the butter
 Add the freshly shucked peas and let them simmer until tender but not mushy
 Roughly chop the mint or marjoram and stir into the peas

Set aside
 In a very hot pan add a splash of oil and sear the fish skin side down getting it very crispy
 (Whitefish has thin filets and should be able to be cooked only on the stovetop. If you have a filet that is thicker place the pan in the oven without flipping the fish.)
 Taste the peas and season as necessary
 Place on the plate and serve the fish skin side up on top.
 Toss the pea tendrils (or another green like Arugula or mizuna) with the radishes and some olive oil and either vinegar or a squeeze of lemon and place on top of the fish.

www.bareknucklefarm.com



PYO flower labyrinth closed for now
 Open again in July

The nutrition corner, by Rosalind

The Nutrition Corner, by Rosalind

If you think lettuce is mostly all the same, you might be wrong. To start with, there are four principal categories:

- Butterhead (Boston, Bibb)
- Crisphead (iceberg)
- Looseleaf (green leaf, red leaf)
- Romaine

If you are craving vitamin A, go for (in this order) romaine, green leaf, red leaf, iceberg, or Boston. If it's

potassium you're after, go for Boston, romaine, or iceberg. Yes -- iceberg! Not as chic as the others, maybe, but also good for you. With all of these you get about 1 gram of fiber for 1 cup of chopped lettuce.

Source: Food and Fitness Advisor, June, 2008, p.3 (Weill Cornell Medical College)

www.nutrition-matters.info

Upcoming events

- * June 1st: Anne's baby is born. Welcome Emma!
- * June 13th and 27th: Seed 'n' weed parties. Come to SLF garden between 10 AM and 5 PM for seeding and weeding. Snacks and refreshments provided, trip to holy cow planned for right afterwards.
- * July 3rd-5th: 5th Annual NE Permaculture Convergence, Montpelier VT. Email: PermacultureConvergenceRegistration@hotmail.com for details.

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