

June 2010

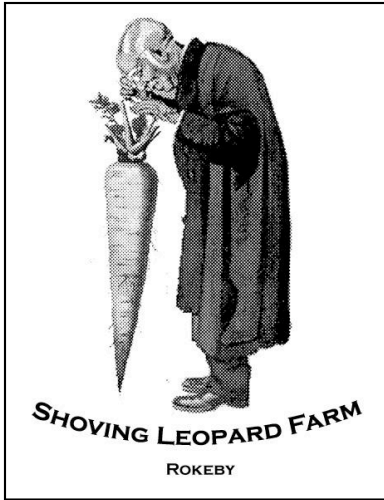
The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

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

Garden Manager: Marina Michahelles

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



News from the garden

Spring has given way to the dog days of summer. We have already experienced a rainless stretch that had us out watering the tender greens and new transplants in the mornings and evenings. A glorious rain came down on Barrytown on Saturday, and I joined the new ducklings and goslings in a wing-flapping celebration.

In May, we transplanted all the brassicae into the north-east quadrant; seeded more greens and roots; prepared the garden beds – with much resistance on behalf of the tillers – for the cukes, zucchs, tomatoes, eggs, and peps; hilled and mulched the potatoes; weeded some onions; and admired the overflow garden. On the last weekend of May we had a flower-planting party, and with the help of ten extra pairs of hands, some burritos and a strawberry rhubarb pie, we just about got the labyrinth planted. Next party theme: mulching and cherry pies!

On the bird front, there has been no progress on the chicken-rustler front. Broody Mc Bride hatched five baby chicks (three of which have been named by some of our youngest CSA members), and the new girls have acclimated nicely to their new surroundings. A pair of Swedish ducks and a pair of Toulouse goslings quack and honk among them, now, and make a mess of the tupperware pond they are outgrowing rapidly.



Maple hoeing in the flower labyrinth. Maple, along with nine other flower planters, was treated to a Bubby's burrito and Mona's strawberry rhubarb pie.

The CSA season begins this week with lettuce, greens, peas, and radishes. Close behind are the turnips and beets, herbs, and various summer squashes.

Going in the ground this week are the corn, tomatoes, eggplant, and peppers, then all the winter squash and pumpkins. Fingers are crossed for a bountiful season.



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

Coming soon!

Shoving Leopard Farm

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Seasonal recipes

Strawberry Icecream

2 cups heavy cream
pinch of salt
2 eggs
½ cup sugar
1 quart of strawberries
1 Tbsp lemon juice

In a sauce pan, bring the cream and salt to a boil, remove from heat. Whisk 2 eggs and ¼ cup sugar in a metal bowl. Slowly pour in hot cream, stirring all the while with a wooden spoon. Put eggs and cream in the sauce pan on low flame, stirring constantly, until custard thickens and/or reaches 170 degrees F. Let cool to room temp, then cool in refrigerator for a minimum of 1 hour. Mash up berries with ¼ cup sugar, and add to custard.

Mix in ice-cream maker (I got mine on freecycle!)

Raw Kale salad

1 bunch kale
1 Tbsp olive oil
¼ tsp sea salt
1 tsp balsamic vinegar
1 Tbsp red onion
½ cup strawberries slivers
½ cup crumbly cheese (gorgonzola)

Remove kale stems and cut leaves into thin slivers. Drizzle with oil and sprinkle with salt. Massage oil and salt into kale and allow to sit for 10 minutes. Add lemon, vinegar, onion, and strawberries. Crumble cheese (and walnuts) on top.

The nutrition corner, by Rosalind www.nutrition-matters.info

Pisum sativum— or the green pea to most of us— has good things to offer, especially potassium, vitamin A, and lutein and zeaxanthin. More of the last two when raw but, curiously, more vitamin A when cooked.

The history of the word is fun.

Originally it was pease in English – as in “pease porridge hot, pease porridge, cold, pease porridge in the pot nine days old.” However, since we usually make plurals by adding S people made up a new singular form and the pea was born.

Upcoming events

- June 1st, Montgomery Place Orchards farm stand opens with Strawberries!
- June- August, Permaculture design course in 11 sessions. \$900. Hawthorn Farm, Warwick, NY. hathornfarm@gmail.com
- June 5th, The Role of the Horse in the Farm Organism. \$95. Pfeiffer Center, Chestnut Ridge, NY.
- June 11th, opening match of the World Cup in South Africa.
- June 26th, Mulch and Cherry Pie party. 9:30-12:30, followed by burritos and pie. RSVP. Shoving Leopard Farm.