

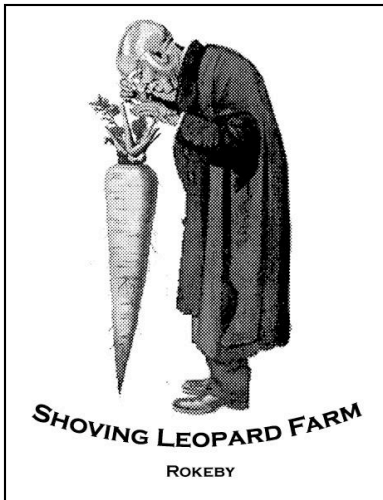
June 2008 Issue

## The Shoving Leopard Leaf

*Shoving Leopard Farm: 845-758-9961*

*Garden Manager: Marina Michahelles*

*Garden Assistants: Louis Munroe, Gretchen Poulet and Chicks*



### *News from the garden*

May was an eventful month with the animal kingdom making itself known in the garden.

I took a lunch break – silly me – and came back to the greenhouse to find that Mr. Whistle Pig had topped off over 100 tomato plants right down to the stem, had nibbled on some peppers and eggplant, had trampled some greens, plus had gobbled down the artichoke that I had just brought from its “wintering” station. Louis went straight to the internet to find a good groundhog stew recipe while I set up the have-a-heart, bated with a beet, a bit of celeriac, and half an apple. He didn’t make it to supper, but he has found a new home in Elizaville.

The chicks have met several dogs in recent days, some a bit more intimately than they may have wished. There were thankfully no fatalities, but a few missing tail feathers and some ankle abrasions have been tended to.

Out of the greenhouse, the groundhog got to the early broccoli and some of the peas, but everything else is looking well. Forty-four varieties of tomatoes have been planted, nine varieties of summer squash, the three sisters are living in the first garden quadrant, the greens are looking vigorous and are tasting fresh, the asparagus fronds are waving from the back, raspberries, currants, and kiwi are leafing out, the early strawberries are flowering (!!), and the cukes are looking forward to climbing with the peas.

The CSA pick-up begins on the 11<sup>th</sup> with some spring mixes, and the farm stand will be set up as soon as the harvest thickens up.

In the meantime, the flower labyrinth will be planted with help from Morgen, the official entrance to the garden will be built, and the chicks will be set to work mowing the pathways with the newly expanded fleet of chicken tractors!



It has been scientifically proven that hens that lay in pink chicken tractors produce tastier and more nutritious eggs.

*Recipes of the month, by Abra The Buzz, by Sam Comfort*



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 closed until July

But the starts are looking great!

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**Quiche**

- 5 large eggs
- 3 tbspn ap flour
- 1 C crème fraîche
- 1 C milk
- 1 tsp salt
- 1/2 tsp pepper
- 1 tbspn thyme

Make any sort of crust in a 10 inch pie pan and par bake 3/4 of the way  
 Mix all ingredients for the custard  
 When the crust is cool, add 2 cups of greens (arugula, orach, beet tops, pea tendrils) and pour the custard over the greens and top with swiss cheese if you like.  
 Bake at 375 for 10 min and then reduce to 325 until the filling is just set, about an other 30 min.

**Peas with spring onions, lettuce and herbs**

Slice spring onions thinly  
 Sautee the onions and tender lettuce leaves gently over low heat with a sprig of thyme until the onions begin to tenderize  
 Add the shelled peas  
 Season with chopped chervil, chives, salt and pepper.

Flowers enter the stage in an endless waltz. Dandelions, locusts, buttercups, trefoil, vetch, and now clover.

The bees are a fervent dancing partner in their spring build up. They enter new spaces with the joy of a swarm and fill them with magical wax, pollen, honey, and propolis. The queen is busy filling every empty cell with an egg where a worker bee or drone will hatch in three weeks, when each hive will reach its peak of 60,000 strong.

Each member adheres to an important life cycle of tasks developed over 80 million years. As we step aside from the invasive methods of modern apiculture to let bees return to doing what they've always done, their health, morale, and survival increase.

Their gratitude this spring has fueled our work and vision onward to reach a less demeaning relationship with all insects and share it with all those who care about the land where we grow our food. The future is sweet.

*The Nutrition Corner, by Rosalind*

**Arugula = Rocket**

If you've searched in vain for arugula in a British supermarket you have probably learned that its other name is "rocket," which does sound more exciting. Blast off, anyone?

According to Wikipedia, "It is rich in vitamin C and potassium.... It has been grown in the Mediterranean area since Roman times, and was considered an aphrodisiac. Before the 1990s it was usually collected in the wild and was not cultivated

on a large scale or researched scientifically."

Even in the garden we can't get away from the Democratic race for the presidency. Last summer Barack Obama urged Iowa farmers to raise their prices and referred them to vegetable retail prices: "Anybody gone into Whole Foods lately and seen what they charge for arugula?" (George Will, Washington Post August 12, 2007)

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*Upcoming events*

\* June 7<sup>th</sup>, Claremont plant sale and exchange.

\* There will be an on-going plant sale in the greenhouse. Extra nightshades, flowers, cucurbits... all must find homes.

*Wish List and a joke*

\* Old wine crates (for CSA pick-up)

Apparently it goes like this:

How do you know when a train is eating?  
You hear it chew-chewING.