

March 2010

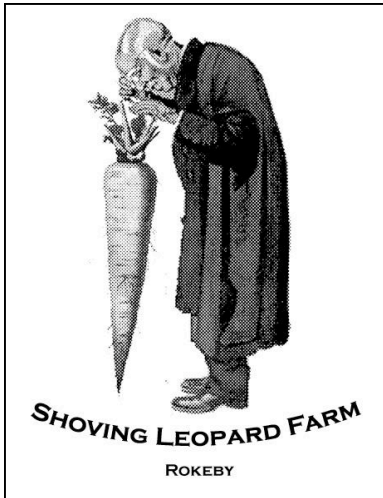
The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

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

Garden Manager: Marina Michahelles

Assistants: Louis Munroe and the chicken nuggles



News from the garden

The new season begins with what Ricky has called the Snowrrricane of 2010. Although the hens hate the snow and barely make it out to the compost pile to look for treats, they have started laying more eggs due to the longer days. We are now collecting about a dozen a day, and are selling them out of the back kitchen at Rokeby.

The CSA season is off to a good start, with the first seeding of onions, scallions, cabbage, and chard staying warm on electric blankets in the basement. The two CSA garden work-trade positions are filled by Sam'n'Sarah and Jackie, and the volunteer coordinator work-trade spot is filled by Mona, who will be helping to organize the various garden parties and weekly volunteer times. There are just a handful of regular shares left to fill.

This season, the CSA shares include veggies, eggs, flowers from the PYO labyrinth, and honey. Fruit shares through Montgomery Place Orchards will be available to those who want them. Further information about the CSA and the shares is on our website: www.shovingleopardfarm.org. Thanks for spreading the word.



Joe and the "new" evaporator.

We've made some syrup, but we're waiting for the 20-degree nights and sunny 40-degree days to put in the new taps. Your one-gallon water or milk or juice bottles are most welcome to help us collect the sap, which we will boil down in our "new" evaporator. How sweet.



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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Barrytown, NY

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shovingleopardfarm.org

Seasonal recipes

Garlic and Maple Parsnip Snoup (soup)

3 tbsp butter (can use part olive oil)
1 lb parsnips, chopped
2 medium onions, chopped
2 garlic cloves, minced
6 cups (athletic) chicken broth
¼ tsp ground nutmeg
½ cup evaporated milk
1/3 cup maple syrup
2 tbsp coarse mustard
Salt and pepper to taste
Walnuts, coarsely chopped

Melt butter in heavy bottomed pot until it begins to brown. Add and sauté parsnips, onions, and garlic until onions are translucent. Add broth and nutmeg, and bring to a sim-simmer. Lower heat and cook until parsnips are soft, about 40 mins. Add evaporated milk and remove from heat. Blend until velvety smooth. Stir in maple syrup and mustard, and garnish with chopped walnuts. Serves 8.

The nutrition corner, by Rosalind

Maple Syrup

There are lots of reasons to reduce refined sugar in our diets -- but then lots of us have trouble with the undertow that draws us back from the healthy resolutions to do so. But what about maple syrup? Is that healthier? Even just plain healthy? Well, besides the sucrose and the yummy taste, you will get some minerals. For each 100 grams (3.5 oz. or somewhat more than 1/4 cup), you will get almost half your daily

ration of zinc along with modest amounts of calcium, magnesium, and potassium. So, let's not kid ourselves -- maple syrup is not a health food. However, if you get the real thing and not maple flavored corn syrup, you have a treat with some advantages and the satisfaction that comes of supporting local industry. And if you eat it with whole grain pancakes or a steaming bowl of porridge, well, you've got yourself a sustaining breakfast!

Upcoming events

- March 7, Nutrient Dense Farming workshop, Hudson. www.realfoodcampaign.org
- March 13, the last Red Hook Winter Market at the Elmendorph. 10-2.
- March 14, Pi (e) day – bake some sweet and savory pies!
- March 20, 21, 27 and 28, NY Maple Festival at the Dutchess County Fair Grounds. 9-4.

Great news

Babies are born: Isabelle joined the Tara, Gavin, Reid and David clan on Feb 24th, and Kay Cee and Owen met their bouncing baby boy Sparrow on the 25th.

Websites are born: www.poggioalleformiche.com for information on six beautiful apartments for rent in Tuscany.