

May 2010

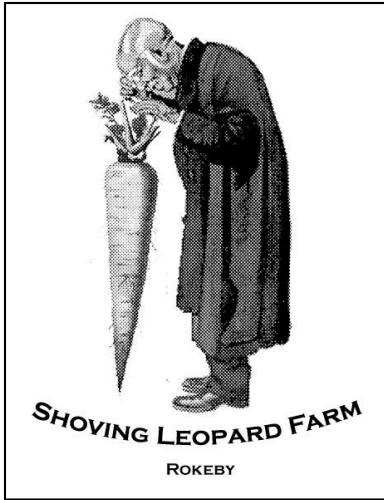
## The Shoving Leopard Leaf

*Shoving Leopard Farm: 845-758-9961*

*Website: [www.shovingleopardfarm.org](http://www.shovingleopardfarm.org) (for organic!)*

*Garden Manager: Marina Michahelles*

*Assistants: Louis Munroe and the "new" chicken nuggles*



### News from the garden

Spring has arrived three weeks early making farmers in the Hudson Valley feel like they are three weeks behind! Much has happened in the last month, including the second annual onion-planting party (the second annual potato-planting party was canceled in part due to lack of potatoes). Garden beds have been prepared, onions, kale, chard, collard greens, beets, lettuce, and peas were transplanted out, and potatoes finally arrived and were planted. Various Asian greens, salad greens, arugula, carrots, peas, turnips, cilantro, parsley, radishes, spinach, parsnoops, and root parsley were seeded. The strawberries started to flower, and the first asparagus was harvested.

But things have not been all roses, here at SLF. On the morning of April 17<sup>th</sup> we found the chicken coop with not a single hen or roo in it. It was soon determined that the blame could not be laid on the usual suspect (fox, raccoon, hawk, etc.) but that it was a human chicken rustler that came in the middle of the night and helped him or herself to our beautiful flock of eighteen hens and one lovely rooster. The Red Hook police suspect Bard College students, but we are perusing every possible lead. If you have any information that could help solve this mystery, please email or call.

Through the generous fowl donations by farmer friends and backyard chicken-keepers we have cobbled together our new flock. We are considering various strategies for protecting these girls and the two roos, including the use of guard emus. It is national emu week, after all, according to WAMC.



2<sup>nd</sup> annual onion-planting party: Anne-Marie and Stephen planting onions in the foreground, Lindsay drinking cider in the middle ground, Amber and Grace learning how to plant potatoes with Marina in the background.

Photo by Nick who also planted onions.

In other sad news, our neighbors the Harrisons in Red Hook lost their main barn to a fire, along with more than 100 animals, which it housed. A relief fund has been established through the St. John's Reformed Church in Red Hook where donations can be made payable to St. John's Reformed Church – Harrison Fund, 126 Old Post Road North, Red Hook, NY 12571.

We are also looking into having a farmer B.R.A.W.L. fundraising event (women farmers and farmers' wives arm-wrestling), so stay tuned for more information on that. I am already lifting bales to get into BRAWL shape.



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

### Cream of Asparagus Soup (Joy of Cooking)

1 lb fresh asparagus  
Milk or Water  
6 cups veal or chicken stock  
¼ cup chopped onions  
½ cup chopped celery  
3 Tbsp butter  
3 Tbsp flour  
½ cup heavy cream

Wash and remove the tips of the asparagus, and simmer them, covered, in milk or water until tender.

Cut the asparagus stalk into small bits and place them in a saucepan with stock, onions, and celery, and simmer for half an hour. Rub them through a sieve.

Melt the butter, then stir in the flour until blended. Then slowly stir in the cream.

Add the asparagus stock. Heat well in a double boiler. Add the asparagus tips, and season immediately with salt, paprika, and

white pepper. A hard boiled egg makes a nice garnish.

Tahini mayonnaise for asparagus

2 egg yolks  
¾ tsp salt  
½ tsp powdered mustard  
1/8 tsp sugar  
pinch of cayenne pepper  
4-5 tsp lemon juice  
1-1 ½ cups olive oil  
¼ cup tahini

Beat – by hand - yolks, salt, mustard, sugar, pepper and 1 tsp lemon juice in a bowl until thick. Add ¼ cup of oil, drop by drop, beating vigorously. Beat in 1 tsp of each: lemon juice and hot water. Repeat until oil and lemon juice are used up. Add tahini and stir well.

Serve cold with braised or steamed asparagus.

## The nutrition corner, by Rosalind [www.nutrition-matters.info](http://www.nutrition-matters.info)

### ASARAGUS

If you like asparagus, you must be glad it's springtime. It's one of those treats that turn out to be very good for you. We all know it's a diuretic, and that can be helpful in lowering blood pressure. It also has a

reputation for reducing homocysteine, which has been implicated in heart disease. On top of that, you'll boost your vitamin A and K and folate and also your potassium. Lutein and zeaxanthin, so good for your eyes, are also in the asparagus package. So eat up!

## Upcoming events

- May 8th, Bubby's Burritos, tentative opening at their new location: John Hardiman's farm stand on 199, just west of the Red Hook high school
- May 8<sup>th</sup>, Migliorelli farm stand by the bridge approach opens!
- May 22<sup>nd</sup>, Gardening 101 with Lee Reich. \$35 by May 18<sup>th</sup>, \$40 later, registration required. [www.leereich.com](http://www.leereich.com). 2-5:30 PM.
- May 29<sup>th</sup>, Plant sale/swap at SLF. Bring a few dollars or some plants you want to trade. Please label your plants clearly, and bring your own box to carry plants away. Veggie and flower, annual and perennial – all are welcome. If you have extra seedling six-packs, I can use them! 2-5 PM.
- June 1<sup>st</sup>, Montgomery Place Orchards farm stand opens with Strawberries!