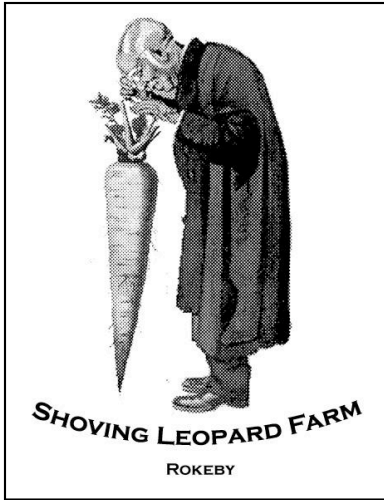


The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

Garden Manager: Marina Michahelles

Garden Assistants: Louis Munroe, Gretchen Poulet and Chicks



News from the garden

A May first frost! Will it be the last? Luckily, the fragile starts were happily nestled in their beds in the **new greenhouse**.

The peas are finally up and waiting for a trellis; the Jerusalem artichokes are showing their first leaves; the strawberries have taken and are sending leaves up past the mulch; ten varieties of potato have been hilled; two hundred crowns of asparagus were trenched, manured, and covered; fifty raspberry plants were put in (half summer, half ever bearing); the hardy kiwi, blueberries, elderberry and American plum are leafing out; some of the leeks and onions are in – perhaps a Bard soccer contingent will help finish that job; and turnips, parsnips, radishes were direct seeded. This week, lettuces and various greens will be transplanted to the “greens, etc” garden, eventually the home to pole beans, lettuces, other greens, some cucumber, and an edge of strawberries. Perennial veggies, herbs, and flowers, more annual flowers will be seeded.

The teenage chicks have moved out of the house and into their moveable coop. They are currently free-ranging the garden, and get along just fine with Gretchen, who patiently lets them peck at her wobbles. Louis and I expect they have been preparing a special May pole dance for us ‘cause we see them running elaborate circles around

The CSA shares have all been gobbled up, which is both exciting and scary - but mostly it is encouraging and motivating. Every week, I’ll be preparing five full veggie and ten weekender veggie shares, and two – maybe three – families have also chosen the floral share. I am very much looking forward to having a small community based around the garden



Many hands make (kind of) light work. Thanks to G-town CSA, Jake, Gretchen, Courtney, Rose, Jake again, Alex, Sophia, Ben, and Louis for helping with the greenhouse.



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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Recipes of the month, by Abra

Grilled Asparagus with Sheared Egg

1 lb asparagus either grilled or pan-fried
2 eggs
¼ C whipped cream
2 oz butter
¼ C grated parmesan

Over a low heat crack the eggs into a small sauce pan, season with salt and pepper
Whisk constantly
As the egg begins to cook whisk harder until small clumps of scrambled egg form along the bottom of the pan
Remove from the heat and add the cream, butter and cheese
Return to the heat and whisk until the eggs are smooth and creamy but no longer runny
To serve spoon egg sauce over the asparagus

Nettle Soup

1lb Nettles
1 onion
1 carrot
3 stalks of celery
Bouquet of thyme, bay and parsley stems
1 C cream
1 qt chicken stock
2 C water

In a large stockpot sweat the veggie with salt, pepper and the bouquet of herbs until soft
Add the stock and water and bring just to the boil
Add the nettles and allow them to wilt uncovered
When the nettles are wilted puree the soup until smooth
Add the cream and season with salt and pepper (and a pinch of nutmeg)

The Nutrition Corner, by Rosalind

Those of you who are Dylan Thomas fans may remember from "A child's Christmas in Wales" that Auntie Hannah got into the parsnip wine. No need to go to Wales; you can make it right at home from the recipe at: <http://scorpius.spaceports.com/~goodwine/parsnipwine.htm>

Other uses for parsnips include curing angina. Angelica, the carrot family, which includes parsnips, offers compounds that act like calcium
www.nutrition-matters.info, rosalind@nutrition-matters.info

channel blockers, drugs that are prescribed to reduce blood pressure. James Duke (*The Green Pharmacy*, Rodale Press, 1997) recommends drinking a cocktail of juiced vegetables from the angelica family: carrots, celery, fennel, parsley, and parsnips.

Why else, besides the joy of all that sweetness, would you want to eat parsnips? Muscle cramps: they provide a nice dose of potassium.

Upcoming events

- * Next week: Bubby's Burritos opens for the season! (by Montgomery Place farm stand)
- * May 31st-June 1st: Plant sale at the garden, refreshments provided.

Wish List and a joke

- * A dozen wooden crates (for CSA pick-up)
 - * A better push mower
- How do you know when a train is eating?
You hear it go "chew chew."