

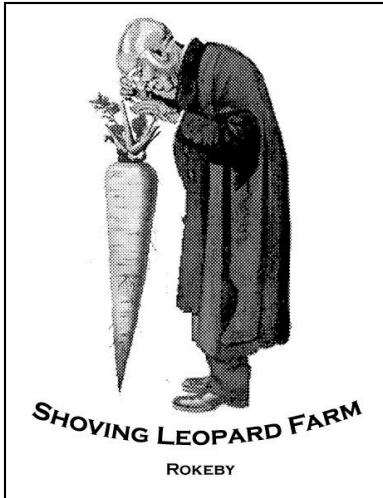
## The Shoving Leopard Leaf

*Shoving Leopard Farm: 845-758-9961*

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

*Garden Manager: Marina Michahelles*

*Assistants: Louis Munroe, Gretchen, the chicks, and nuggets*



### *News from the garden*

So much can happen to a garden in a month, and what an unusual month this April has been. We went from having to cover the seedlings at night to protect them from the frost to having to cover the transplants during the day to protect them from the pounding sun and 90 degree heat! All have survived and are enjoying the regular evening "April" showers in early May.

It was a real joy to find the rototiller, given to SLF by Stephen and Elizabeth Shafer, in perfect working order after the winter it spent in the greenhouse. My rusty thumbs have not yet wreaked their havoc on this machine.

We hosted two successful plating parties, during which we poked in and mulched 12 varieties of potato, transplanted four kinds of onion, and moved all the brassicae (broccoli, Brussels sprouts, cabbage, and cauliflower) into their beds.

The hens have moved to their summer quarters – outside the garden, and away from tender transplants – while the 18 healthy teenage chicks help with garden fertility and pest-control in their chick(en) tractor.

The front beds are filling in with chard, collards, spinach, beets, and transplanted lettuce, soon to be joined by pac choi, mustard greens, arugula, mizuna and other greens. Carrots, turnips, last fall's parsnips, kohlrabi, skirret, and other roots are appearing in the back beds. If the chance of



The new and soon-to-be functional garden gate, built by Steffen "Reek" Hyder

frost stays low, the more tender tomatoes, eggplant, and peppers, as well as all the labyrinth's flowers, may make an early appearance in the garden.

In other, non-farmly news, your favorite Shoving Leopardess may be competing in the final arm-wrestling competition/fundraiser for Family of Woodstock. See details in events calendar.



Tee-shirts with Shoving Leopard Farm logo available for \$8!

Tell us your shirt size and favorite color to have your very own!



PYO flower labyrinth closed for now  
Open again in July

Shoving Leopard Farm

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Barrytown, NY

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shovingleopardfarm.org

*Seasonal recipes, by Abra*

Sautéed Morels  
From Chez Panisse

- 5oz morels
- 2 large shallots
- 1 small garlic clove
- 1 T olive oil
- 2 T butter
- Salt and Pepper
- Lemon juice
- 2 T chopped parsley

Clean mushrooms  
Cook the shallots and garlic in half the butter and oil until translucent  
Add mushrooms and ½ C water and season  
Cover and simmer for 4 min  
Uncover and add rest of butter and raise the heat to evaporate the extra moisture  
Toss with lemon juice and parsley

Shaved Asparagus Salad

- Mustard Vinaigrette
- 2 shallots minced
- 1 lemon juice and zest
- 2 T whole grain mustard
- ½ C olive oil

Mix all together and taste add lemon and seasoning

Trim off any dry ends of the asparagus and shave the raw asparagus on a bias  
Toss asparagus and lettuce greens with the vinaigrette  
Season and adjust

[www.bareknucklefarm.com](http://www.bareknucklefarm.com)

*The nutrition corner, by Rosalind*

People who love asparagus don't need to be told it's good for them -- they will eat it any way. It's usually the first solid green vegetable we get in the spring, i.e., not leafy. Paul Pitchford, in his classic work of reference *Healing With Whole Foods*, tells us that asparagus is helpful to those suffering from high blood pressure or arteriosclerosis. It's a diuretic, which, in moderation, is good for the kidneys (except in cases of inflammation). Asparagus is,

furthermore, a good source of vitamin A and also lutein and ziaxanthin, all of which are credited with protecting us from eye problems.

So, unless you have inflamed kidneys, eat up and enjoy your asparagus, knowing that your body is expert at deploying the vitamins and minerals!

[www.nutrition-matters.info](http://www.nutrition-matters.info)

*Upcoming events*

- \*Saturdays in May: Awesome Farm products sold at Montgomery Place Orchards farm stand on 9G.
- \*May 5<sup>th</sup>: Bubby's Burritos opens for the season! Tues-Sat, except for rain.
- \*May 15<sup>th</sup>: Women's arm wrestling competition / fundraiser for Family of Woodstock. 8PM at Kathleen's barn, 33 Broadway, Tivoli.