

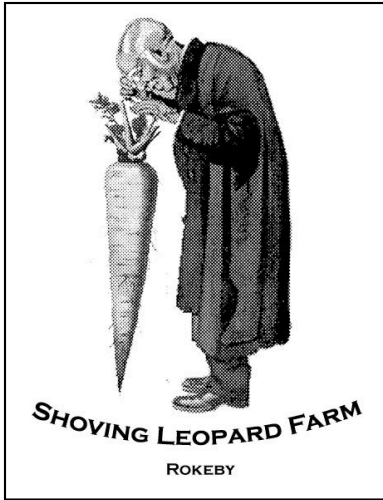
November 2007 Issue

The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

Garden Manager: Marina Michahelles

Garden Assistants: Louis Munroe, Gretchen Poulet and New Hen



News from the garden

The frost hit October 29th, officially ending the second season at Shoving Leopard Farm. While we still have plenty of root veggies, such as carrots, turnips, and beets, as well as cilantro, parsley, chard, and kale, we are turning our attention to preparing beds for the winter, saving seeds, and inoculating logs with various mushrooms!

Poor Hensel did not last long in the rough world of the garden, and Gretchen was left to fend for herself for a few weeks. She now has a friendly, slightly older companion, thanks to Briana. No eggs from either, yet...



At the stand

Closed for the season!

Thanks to everyone who helped make this the most successful season in Shoving Leopard history!

Keep your eyes peeled for a CSA (Community Supported Agriculture) trial run next season, with possible "Localite," "Weekender" and "Strictly Floral" options. I'll be spending this winter figuring out the details, and I welcome any input or suggestions you can offer.

When I order seeds in January, I will take orders for biodynamically started tomato, pepper, and other plants, as well as herb trays. I will also be trading saved flower seeds.

Recipes of the month, by Abra

Spicy Squash Soup

- 1 large squash (butternut or blue hubbard)
- 1 onion, diced
- 2 stalks of celery, diced
- 2 cloves garlic
- 1 dried pepper (ancho or chipotle)
- 1 qt stock or water
- 1 lime
- sour cream
- cilantro

Split and seed the squash and roast at 375 until very tender. Allow to cool and then scoop out the flesh. Sweat the onion and celery with the garlic and dried pepper. When soft remove the dried pepper, add the squash, lime juice and stock and puree until smooth. Taste, and season with salt and cayenne pepper. Serve with a dollop of cream and chopped cilantro leaves



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 for the season! Open again next July!

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Barrytown, NY 12507

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More Recipes of the month, by Abra

Kale, White Bean and Sausage Soup

8oz dried white beans soaked overnight
1lb kale chopped
1lb pork sausage
1 tsp fennel seed
2 stems of rosemary
1 onion diced
2 cloves garlic
4 stalks of celery diced
2 carrots diced
2 qt chicken broth or water

Brown the sausage in a large stock-pot until cooked through on medium heat. Add the fennel and let toast in pot then add onion, celery, carrot and rosemary. Sweat until just tender. Add the white beans and just cover with stock or water. Cook until beans are tender but still holding their shape. Add kale and the rest of the liquid. Simmer until kale is tender. Season with salt and pepper

Chicken Casserole

8oz bacon, chopped
1 large chicken, jointed into sections
¼ C flour
1 onion, coarsely chopped
2 carrots, peeled and coarsely chopped
2 stalks of celery, coarsely chopped
1 turnip, coarsely chopped
4 thyme sprigs
water to cover
salt and pepper

In a large, heavy pot fry the bacon until crisp. Remove from the pan and let drain. Season the jointed chicken with salt and pepper. Brown the chicken in the fat given up by the bacon. Remove from the pan. Add the flour and allow it to soak up the fat and turn a bit brown. Add the vegetables. Return the bacon and chicken to the pan and add the thyme. Add water to the pot until chicken is just covered.

On the stovetop, bring the water to a boil, then cover with a tight fitting lid and bake at 350 for about an hour until chicken and vegetables are tender. Taste, and season with salt and pepper.

If you prefer a thicker sauce, when the chicken and veg are tender remove to a serving plate. Return the pot to the stovetop and bring to a boil reducing until desired thickness.

Green Tomato Chutney From Mangos and Curry Leaves

2 Tbspn veg oil
½ C chopped onion
2 cayenne chilies seeded and chopped
6-8 curry leaves
1 tsp fish sauce (optional)
¼ tsp ground fenugreek
pinch of turmeric
1lb green or semi ripe tomatoes chopped
¾ C coconut milk

Heat oil in a heavy pot over medium heat. Add the onion, chilies and curry leaves until onion is light brown. Add the fish sauce, fenugreek, turmeric and tomatoes. Season with salt and pepper. Cook for about 15 min or until tomatoes are soft. Add coconut milk and bring to a boil then reduce heat and simmer about 5 min.

Root Vegetables and Wild Rice

2 carrots
2 turnips
4 beets
1 onion, diced
2 stalks of celery, diced
thyme or rosemary, chopped
salt and pepper
2 C wild rice
4 C water or stock
3 oz olive oil
1 oz white wine vinegar
parsley, chopped

Peel the carrots and cut into chunky pieces. Toss in olive oil, salt and pepper and roast at 400F until tender. Do the same for the turnips and beets but do not peel the beets until after cooked. Roast the different veg in separate batches because they tend to cook at different rates. Sweat the onions and celery with salt, pepper and herb until soft. Add the rice and let toast in the oil a bit before adding liquid. Bring to a boil and then let simmer until rice is tender. In a large bowl toss the veg and the rice with a bit of oil, vinegar and parsley. Taste, and season with salt and pepper.

Also, substitute celery root for the stalks of celery and treat as another root veg.

The Nutrition Corner, by Rosalind

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The farm stand is open on Sat and Sun, from 10-6. It is accessible from Rokeby or from the Poet's Walk, both off of River Road in Barrytown.



Why Homemade Sauerkraut Is a Good Idea

Sauerkraut is lacto-fermented, not because you make it with whey (though you can add some), but because the microbes involved in the fermentation produce lactic acid as a bi-product. What these little creatures do is to start the digestive process for you, making sauerkraut easier for you to digest yourself.

Another plus is that these diligent microbes produce B vitamins and omega-3 fatty acids and are credited with crowding out pathogens. This is similar to what yogurt that carries the label "contains live cultures" does.

Beware, however, of most commercially available sauerkraut because it is often made by adding vinegar, rather than through fermentation, which requires time (several days minimum) and restricted temperature (60 F- 72 F.) Furthermore, pasteurization kills off the very bacteria we want to eat along with the kraut.

More information and user-friendly sauerkraut recipes are available from *Nourishing Traditions* by Sally Fallon and *Wild Fermentation*, by Sandor E. Katz. The sauerkraut fermenting in our kitchen is made of freshly picked cabbage, carrots, onions, and garlic plus sea salt.

Upcoming Events

* Tivoli United Craft and Art Marketplace, Dec. 1-2. FREE! Knitwear, needlework, wood, jewelry, prints, photography, artisanal food, functional art, and MUCH MUCH MORE. 10 Montgomery Street, Tivoli, NY.

* Tivoli Artist Co-op Holiday Show, from November 16th to December 23rd. 60 Broadway street, Tivoli.

Produce Puns

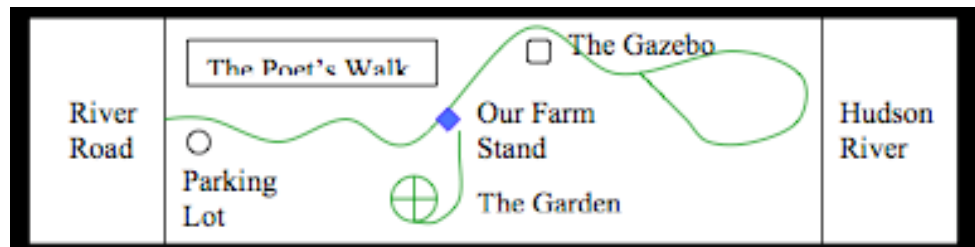
(Courtesy of Heidi)

Don't beet me over the head – lettuce.

It's a delicata situation.

Butternut forget to eat your vegetables!

How to find the stand



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