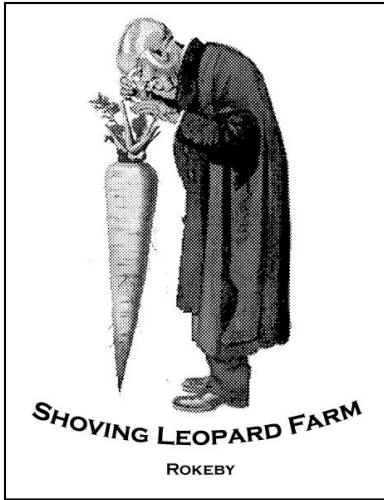


The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

Garden Manager: Marina Michahelles

*Garden Assistants: Louis Munroe, Gretchen Poullet,
The Chicks, and Sir Cock-a-doodle*



News from the garden

The garden has been put to bed for winter! Well, nearly...

Still fighting the frost are some brassicae including a few cabbages, broccoli, Brussels sprouts, and kale; the last turnips and carrots; the cold-hardy snapdragons. Two tomato plants that took root in the greenhouse are now fruiting; and some of the hardy herbs are mulched and thriving.

The flock of tiny dinosaurs, as we call the chickens, has taken to laying eggs in the hay bales parked outside the garden. Every day is Easter as we scavenge for pink, brown, and green eggs in various nooks and crannies within the hay.

The flower garden survived through mid-October; just long enough for me to discover that the "honor system" works well at the Poet's Walk stand. A sign at the unmanned stand also sent new labyrinth walkers and PYO flower-ers to the garden.

October was spent preparing garden beds for winter by spreading manure and mulch, and weeding out the creeping Charlie from the raspberry, currant, and asparagus beds. My favorite extra-curricular activity was pressing apples for cider; a treat we'll enjoy throughout the winter.

The last CSA shares were distributed on Halloween. Overall, the season was a success with regards to the CSA, and the feedback that I have received from the members will help me plan for fruitful season in 2009. The next few

months will be spent in part planning the garden and devising ways to build more community around the space, involving both education and hands-on garden projects.

Thanks to all of you who helped make this season such a success. I'll be in touch again in February. Until then, have a warm and productive winter.



The Munroes pressing apples with Telea and Doug's press!



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 the season

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Recipe of the month, by Abra

Marshmallows

1 cup cold water, divided
3 1/4-ounce envelopes unflavored gelatin
2 cups sugar
2/3 cup light corn syrup
1/4 teaspoon salt
2 teaspoons vanilla extract
1/2 cup potato starch*
1/2 cup powdered sugar

Line 13x9x2-inch metal baking pan with foil.

Coat foil lightly with nonstick spray. Pour 1/2 cup cold water into bowl of heavy-duty

mixer fitted with whisk attachment. Sprinkle gelatin over water. Let stand until gelatin softens and absorbs water, at least 15 minutes.

Combine 2 cups sugar, corn syrup, salt, and remaining 1/2 cup cold water in heavy medium saucepan. Stir over mediumlow heat until sugar dissolves, brushing down sides of pan with wet pastry brush. Attach candy thermometer to side of pan. Increase heat and bring syrup to boil. Boil, without stirring, until syrup reaches 240°F, about 8 minutes.

The Nutrition Corner, by Rosalind

Garlic: Good for More than Vampire Protection

Marina has been to the Saugerties Garlic Festival and brought home many varieties to plant for next year's delectation. Meanwhile, this year's garlic will keep well for a long time at room temperature if air can circulate around it.

Most of us like the taste. It heightens the interest of many dishes, www.nutrition-matters.info.

sometimes raw, sometimes cooked. In the health department, eating garlic will give you manganese and selenium and almost your entire RDA of vitamin B-6, a vitamin helpful in many ways, notably in heart disease. It is also credited with reducing the risk of cancer and the pain of arthritis. So, tuck in! and don't be afraid of running out: the U.S. is the fourth largest producer with our 236,960 metric tons/year.

rosalind@nutrition-matters.info

Upcoming Events

- Young farmers' conference, December 4th and 5th. Stone Barns Center for Food and Agriculture, Pocantico, NY.
- [Sinterklass](#) celebration, December 6th. Rhinebeck, NY. Workshops throughout November.
- Organic bee-keeping workshops, January through February. Visit www.honeybeelives.org for more information.
- NOFA-NY Winter conference, January 23rd. Somewhere in Rochester... TBA.