



The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

Website: www.shovingleopardfarm.org (for organic!)

Garden Manager: Marina Michahelles

Assistants: Louis Munroe and the chicken nuggles

News from the garden

Our first frost was on October 13th. Moira and I stayed out in the garden long past sundown the evening before harvesting all the flowers and basil we could, and throwing sheets, remay, and even blankets on greens and pepper plants.

The first frost marks the time for planting garlic, and we put in 225 row feet of beautiful cloves saved from this summer's harvest. Anne's lovely garlic field markers identify each of the eight varieties we grow. The garlic beds are being covered with a healthy layer of well-composted manure and leaves, and tucked in for their winter slumber with a thick blanket of hay.

The week of the first frost was also the last official week of the 2009 CSA. It was a difficult year due to the cold and the wet, and was at times frustrating for CSA members and growers alike. This winter will be spent in part evaluating the season, and working out a strategy for the farm that ensures better production even in the face of seasons such as this one.

The rest of the month will be spent building the winter compost pile and mulching every bed with a thick layer of leaves and hay, except where cover crops are planted. The hens, meanwhile, remind me that nature is not composed of neat and tidy rows, curved or otherwise, and they do their best to spread the mulch *unevenly* into the pathways.



The rooster and his girls on the hay wagon

One final CSA pick-up is planned for November as the greens that were planted in August (!) finally decided to grow. The last Brussels sprouts, Jerusalem artichokes, and parsnips, all deliciously sweetened by frosty nights, will also be included in the final pre-Thanksgiving share.



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

Closed for the season

Shoving Leopard Farm

845 River Road
Barrytown, NY

845-758-9961

marina@rokebyfarm.org

shovingleopardfarm.org

Seasonal recipes, from Localharvest.org

Open Faced Garden and Orchard Sandwich

- 1/4 MPO apple, thinly sliced
- 1 slice whole wheat bread
- 1/2 T. butter
- 1/3 c. broccoli
- 1 button mushroom, sliced
- 1 T. chopped onion
- 2 T. golden raisins
- 1 T. chopped walnuts
- 1 1/2 T. mayonnaise or Thousand Island dressing
- 1 ounce pepper jack cheese, sliced

Arrange the unpeeled apple slices on the bread. Melt the butter in a small skillet. Add the broccoli, mushroom, onion, raisins, and walnuts. Sauté until the vegetables are tender-crisp. Stir in the mayonnaise. Spoon over the apple. Top with the cheese.

Place the sandwich on a baking sheet and broil about six inches from the heat for one minute or until the cheese melts. Serve immediately.

The nutrition corner, by Rosalind

Did you ever wonder where squash got its funny name? Apparently it is a borrowing from the Algonquin for "eaten green." Squash, of course, is one of the 'three sisters' in Native American agriculture, the other two being beans and corn. When planted together, the corn stalks provided "support for the climbing beans, and shade for the squash. The squash vines provided ground cover to limit weeds. The beans

provided nitrogen fixing for all three crops." (Wikipedia)

The flesh of various squashes is familiar to us, but don't forget the seeds! Pumpkin and other squash family seeds are nutritious and can be tasty when toasted. Pumpkin seeds are a good source of iron, for instance, as well as other trace minerals we need: zinc, manganese, copper.

Upcoming events

- November 22nd, New Amsterdam Market, Thanksgiving Market. South Street, Manhattan between Beekman and Peck Slip. 11-4. www.newamsterdammarket.org
- November 14th – December 4th, drop-in puppet building workdays for Sinterklaas parade! 46 W. Market St, Rhinebeck. M – F 12 – 8, S + S 12 – 6.
- November 28th – Arrival of Sinterklaas by boat at the Rhinecliff Docks. 4pm
- December 1st, Sinterklaas Artisan Fair. Rhinebeck Town Hall. 6-9PM
- January 22nd-24th, NOFA NY winter conference. Saratoga Springs. www.nofany.org

Miscellaneous notice

We have pasture hay for sale. If you or any of your sheepish and goatish friends would like some, I can be reached at 845 758 9961. We are making 35-40 lb square bales, and selling them for \$3.50 each. We do not have an economical way of delivering them, but we're willing and able to help load them up!