

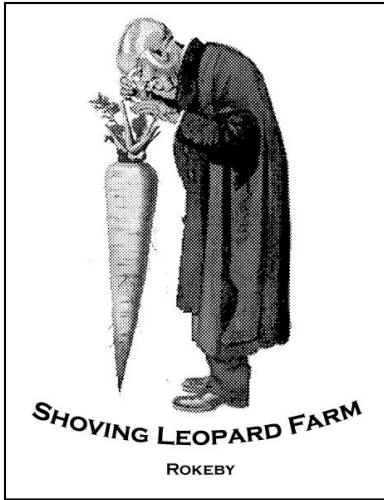
October 2007 Issue

The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

Garden Manager: Marina Michahelles

Garden Assistants: Louis Munroe, Hensel and Gretchen Poulet,



News from the garden

With the crisp October nights comes the unwinding of the season, and the comfort of apple pie and hot cider. But we try to keep things lively at Shoving Leopard.

Hensel and Gretchen, the two red-heads from Road Island, have been busy pecking, scratching, and gossiping in the garden. They are two of the friendliest guard-hens you've ever seen. In fact, they seem to imprint on anyone who happens to walk in or *near* the garden. They like to help with the weeding, the harvesting, and they have a real eye for arranging flower. Come by and meet them, sometime.



Photos by Angela

At the stand

I can't *stand* letting these beautiful weekends go by without me, so as long as the frost holds off, the stand in the woods off the Poet's Walk in Barrytown will be open on Saturdays and Sundays. At the stand, you might find:

*Fresh Herbs (basil, dill, cilantro, parsley, thyme, sage, mint, and more)

*Green beans of all sorts

*Winter squash in all shapes and sizes

*Salad mix

*Rainbow chard

*Beets and their greens

*Potatoes

*Radishes, Turnips, Parsnips

*Tomatoes and Tomatillos

*Hot cider

*Sour dough bread and starter (upon request)

*Flowers, or you can pick your own in the labyrinth! There are zinnia, cosmos, ageratum, sunflowers, gaillardia, amaranths, celosia, cleome, cock's comb, various asters, starflower, sweet Annie, bachelor's buttons, zulu prince... to name just a few.

Recipes of the month, by Abra



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
Open every day
9-6
Through the hard
frost.



845 River Road
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Beets with Yogurt and Mint From Maddhur Jaffery

1 (8-ounce) beet or 2 smaller ones, boiled or roasted in foil
2 cups plain yogurt
3/4 to 1 teaspoon salt
freshly ground black pepper
1/8 to 1/4 teaspoon cayenne (optional)
2 1/2 tablespoons finely chopped fresh mint
1 tablespoon vegetable oil (I like to use olive oil)
3 small garlic cloves, peeled (or 1 large garlic clove, cut lengthwise into 3 sections)

Peel the beet and grate it coarsely. Put the yogurt in a bowl and beat it lightly with a fork or a whisk until it is smooth and creamy. Add the salt, pepper to taste, and cayenne, if using. Mix. Add the mint and beet. Mix gently. Put the oil and garlic in a small frying pan and set over medium-high heat. The garlic will eventually begin to sizzle. Press down on the garlic with a spatula and let it sizzle some more, turning the pieces once or twice, until they turn a medium brown. Now pour the flavored oil and garlic into the bowl with the yogurt and mix.

Curry Carrot Soup

8-10 carrots
1 medium sized potato
1 medium onion
2 cloves garlic
1oz olive oil (just a good splash)
1 quart vegetable stock
1 can coconut milk
2-3 Tbspn curry powder
pinch of cayenne (if the curry powder is not hot enough)
2 limes
2 Tbspn rice wine vinegar or white wine vinegar
Cilantro, sour cream and olive oil to garnish

Dice the onion and garlic and sweat with oil and s&p over low heat until translucent. Peel and dice the potato and carrots. Add to onions when onions have gone soft and toss to coat with oil. Add curry powder, coconut milk and just enough stock to cover the vegetables. Let simmer on a medium/low heat until vegetables are soft. When soft add the rest of the stock and blend until smooth. Return to the heat and bring to the boil.

Taste and add lime juice and vinegar as needed. Taste again and adjust the seasoning adding the cayenne if it needs more heat. Serve with a dollop of sour cream, cilantro leaves and a bit of oil.

Kale with Cilantro

2 lb kale, stems and center ribs discarded
1 cup finely chopped white onion
1 cup chopped fresh cilantro
2 tablespoons olive oil

Put kale crosswise into 1/4-inch-wide strips and cook in a large pot of salted boiling water 3 minutes. Reserve 1/4 cup cooking liquid and drain kale in a colander. Cook onion and 1/2 cup cilantro in oil in a deep 12-inch heavy skillet over moderate heat, stirring, until onion is softened. Add kale, salt to taste, and reserved cooking liquid and simmer, stirring, until kale is just tender, 3 to 5 minutes. Stir in remaining 1/2 cup cilantro and season with salt and pepper.

Pumpkin with Paprika and Honey

2 pumpkin or acorn squash cut into wedges
3 Tablespoons olive oil
1 Tablespoon spicy/smoky paprika
1 Tablespoon sweet paprika
1/4 C honey

Seed the squash and cut into wedges. Toss the pieces with the oil, paprika and salt and pepper. Roast in a 450 F oven being sure to not crowd the pieces. When squash is tender, drizzle with honey and serve.

Roasted Roots with Goat Cheese and Basil

1 lb beets
1 lb carrots
1 lb turnips or celeriac
8oz fresh goat cheese
bunch of basil
bunch of mint

Toss the roots in olive oil and salt and pepper and roast on separate pans because the different veggies will cook at different rates. When tender toss with chopped or torn herbs and a bit more olive oil. Crumble in cheese.

The Nutrition Corner, by Rosalind

PYO Flowers
Open every day
9-6
through the hard
frost.



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 turnips are not just for pigs

The third Little Pig got into some trouble going to the Fair for his turnips, but you will have an easier time if you get yours from Marina. And you should because the humble turnip has a lot to offer, including taste. Good in stews, they also respond well to Dominick's simple recipe below.

One cup of boiled turnips normally provides nearly 300 mg of potassium, good for reducing blood pressure and preventing leg cramps. If you add in the turnip greens you get a big dose of vitamin A and a significant dose of folic acid (vitamin B-9), needed for new cell development and reputed

to be helpful in warding off cancer and stroke. According to Paul Pitchford (*Healing with Whole Foods*), the turnip, a member of the mustard family, is used in both Eastern and Western traditions for lung-related problems. It is also a good source of sulfur, which we need for beautiful skin, hair, and nails – and they need help when the central heating goes on!

To prepare: Slice your turnips very thin and lay them in a frying pan just covered with water, bring to a boil and when they become a bit translucent in just a few minutes, pour off the water, add olive oil or butter, salt, and pepper to taste, and then gobble them up.

Upcoming Events

- * Every Saturday in October: Puppet-building workshops in preparation for the NY Village Halloween Parade – FREE. Visit www.superiorconcept.org to sign up.
- * Outdoor cob oven building and pizza party – This month for serious! Date TBA.

Produce Puns

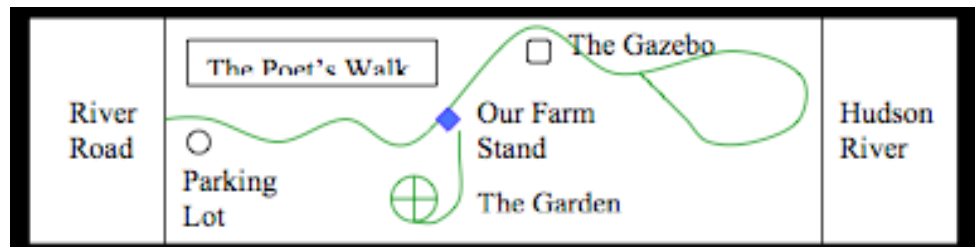
Where have you *bean* all my life?!

How do veggies laugh?

-Hoe! Hoe! Hoe!

The best thing about farming is the huge celery.

How to find the stand



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