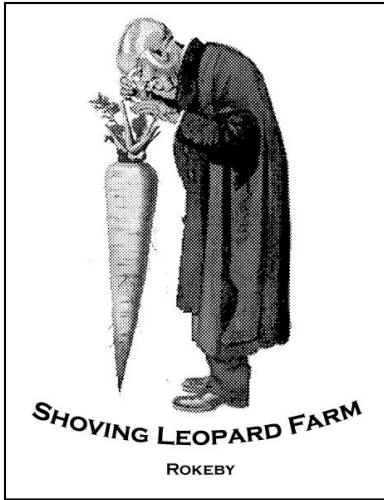


The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961

Garden Manager: Marina Michahelles

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



News from the garden

In September the threat of frost sent Louis and me out to the garden in the evening to cover as many soft-tissue plants as we could with row-cover, but it never hit. Now I'm looking forward to some frost to sweeten up the winter greens, leeks, and Jerusalem artichokes.

The tomatoes suffered from late blight which I should have noticed sooner, but thought the marks on the fruit were from the hail storm. The last succession of summer squash is more vibrant than the earlier ones, and it looks like we may get some cucumbers after all. The pumpkins and winter squash have been a great disappointment, but the kale, collards and mustards are keeping us interested. The carrots and parsley root are sweetening up and make good roasting companions for the beets and potatoes.

The PYO flowers labyrinth is still looking great, with the amaranth leaves turning autumnal shades of burgundy and gold.

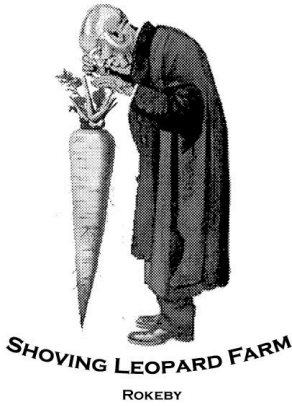
September 16th was a sad day on the farm. A neighbor chow came around when the hens were just heading back to their roost after an evening walk-about. The dog managed to kill three and injure one before Louis intervened. Sadly, the

injured hen died a few days later. The flock seems to have recovered from the tragedy and continue to lay beautiful eggs.

The farm stand will be open with flowers, honey, and some veggies on fair-weather weekends when the [Bard's women's soccer](#) team does not have a game...



The flower labyrinth in its fall colors



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

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



PYO bouquets in the flower labyrinth! Tuesday-Sunday 10-6

845 River Road
Barrytown, NY 12507

Phone:
845-758-9961

E-Mail:
marina@rokebyfarm.org

Recipe of the month, by Abra

Sunchoke Pasta Sauce

- ½ lb of sunchokes washed but not peeled
- 1 lb kale rinsed and chopped
- 1 lb various mushrooms cleaned and sliced
- 1 shallot or small onion sliced
- 4 oz chicken stock or water
- 2 oz cream

In a large, hot sautee pan, sautee the mushrooms with salt and pepper. Remove to a bowl. Return the pan to the heat and allow to regain its heat. Add the sliced sunchokes

and let them caramelize on one side before stirring and allowing the other side to caramelize.

Remove to the same bowl.

Allow the pan to reheat and add the slightly wet kale and cover so that it will wilt.

Remove to the bowl.

Add the shallot and let sweat.

When it is tender return the bowl of mushrooms and chokes and kale.

Add chicken stock and cream to make a saucy texture, season and toss over pasta.

The Nutrition Corner, by Rosalind

Jerusalem Artichokes – a Native to our Parts

Why “Jerusalem” and why “artichoke” when this plant – *helianthus tuberosus* – is in the genus sunflower? Sunflowers and artichokes turn out to be distant cousins, both being in the Asteraceae family. And Jerusalem turns out to be a corruption of the Italian word for sunflower: *girasole*. They are native to our part of the world. The first European to write home about them was Champlain in the very early 1600s.

But why do some people avoid them? For a minority of people, they are gassy. This is because they (along with onions and garlic and a number of other plants) store their energy as **inulin** instead of starch. Inulin, a soluble fiber, is indigestible by the human enzymes that deal with starch, so it arrives

intact in your large intestine, where gut flora make a meal of it – hence the gas. If you have a hard time with onions and garlic for this reason, you probably have a hard time absorbing fructose and will not enjoy Jerusalem artichokes either. For the rest of us, start out slowly and your system should adjust.

Why are they healthy to eat? That very same **inulin** (not to be confused with insulin) is an advantage to those with blood sugar problems precisely because it isn’t digested the way or as quickly as starch is. This can be helpful for diabetics or anyone who suffers from sugar highs and lows. They are also a good source of **potassium**, which you want for lowering blood pressure and getting oxygen to your brain.

www.nutrition-matters.info

rosalind@nutrition-matters.info

Upcoming Events

- [Puppet-raising!](#) Saturday October 11thth, 10-6, Rokeby Farm. RSVP to puppetraising@superiorconcept.org
- First annual Naked Plants party. Saturday October 12th, 3-6PM in the garden/greenhouse. Just like a Naked Ladies party, only instead of swapping clothes and excluding men, we’ll swap divided perennials and invite men to participate. RSVP to marina@rokebyfarm.org.
- Montgomery Place Orchards Pie Contest. October 18th.

How to find the stand

