

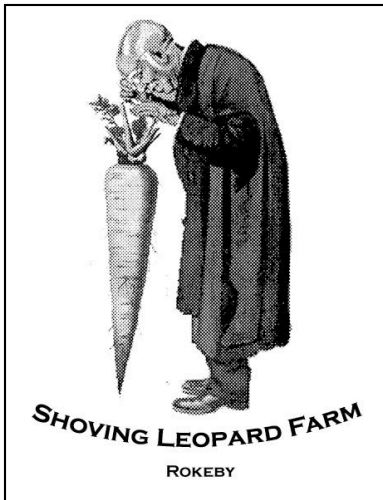
The Shoving Leopard Leaf

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

Nights are cool and days ... well, so are the days. We have not had our first frost but we can feel it won't be long before the more tender plants take their exit and the winter-hardy plants develop their thick skin and sweeten up.

The first run of winter squash and pumpkins turned into baby food during the rains of oh-nine, but the second, smaller fruiting is curing nicely in the back quadrant. The beans are offering their last flowers to their busy pollinators, and the peppers, though not as hot as we'd like them to be, are maturing. Cover crops of winter rye and spelt are blanketing beds no longer producing, while heavy hay mulch protect fall lettuce, mixed greens, and spinach from the dropping temperature.

The flower garden has put on its fall colors, treating us to splashes of deep burgundy, fiery orange, brilliant yellow, penetrating red, contrasting blue, and subtle purple. Now is the time to visit the labyrinth to pick bouquets, or just to enjoy the colors.

The hens, no longer a threat to the tomatoes in the garden, have the run of the garden. They love their newly expanded freedom and spend their days hurrying back and forth between their Chicksie Caravan and the perennial border garden.



A Wyandotte on bug-control

Perhaps you've been wondering what became of the corn-ravager. If you have, rest assured that he is no longer a threat. Joe set the traps, Louis shot the prisoner, and I spent the day cleaning the kill, looking for raccoon recipes, and telling my Davy Crockett joke. Though the stew gave us mischievous dreams, the hens sleep just a bit more soundly.



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

Tues-Sun
Daylight hours

Shoving Leopard Farm

845 River Road
Barrytown, NY

845-758-9961

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shovingleopardfarm.org

Seasonal recipes, from Localharvest.org

Greek Kale Salad

Dress the salad immediately before serving

- * 2 bunches of kale, large stems discarded
- * 2 whole-wheat pita breads
- * 1/4 cup extra virgin olive oil, plus more for brushing
- * 2 T. fresh lemon juice
- * 1/4 t. crushed red pepper
- * Salt and freshly ground pepper
- * 1/2 cup cherry tomatoes, halved
- * 1/3 cup pitted kalamata olives, cut lengthwise into silvers
- * 2 ounces feta cheese, crumbled (2/3 cup)

Preheat oven to 400. In a large pot of boiling

water, cook kale leaves until just tender; 3 to 5 minutes. Drain and rinse under cold water to cool. Transfer the kale to a clean kitchen towel and squeeze dry. Fluff up the leaves, coarsely chop them and transfer to a large bowl.

Brush both sides of the pita breads with olive oil and bake for about 8 minutes, or until crisp. Cut the pita into wedges.

In a bowl, combine the olive oil with the lemon juice and crushed red pepper and season with salt and pepper. Add the grape tomatoes, olives and crumbled feta to the kale and toss. Add the dressing and toss to coat. Serve the kale salad with the toasted pita wedges.

The nutrition corner, by Rosalind

Eating Marina's Brussels sprouts will add to all the other cruciferous vegetables (so called because they bear the sign of the cross) that you've been eating recently to help ward off cancer. Researchers believe that they have identified the phytochemicals in the cabbage family that protect us from a number of forms of cancer, including breast, colon, and prostate. If you boil the sprouts, be sure not to throw the

nutritious pot liquor away. Either reduce it and include it in the sauce for your dinner or else save it to add to stock for a future stew or soup.

If, however, you have low thyroid problems, it's better to bypass the goitrogenic cabbage family and go for the squashes, spinach, and celery.

www.nutrition-matters.info

Upcoming events

- October 1st: Open studio, paintings by Lisa Sanditz. 101 North Road, Tivoli, 6:30-8:30.
- October 3rd: Inaugural procession for the Walkway over the Hudson, Poughkeepsie, NY. For more info, visit: <http://www.superiorconcept.org/SCMpages/Walkway/index.html>
- October 3rd: Feet, Hooves, and rails: Transportation in Nineteenth Century America. Free lecture and symposium at Claremont, 3PM. Refreshments to follow.
- October 4th: Backyard Fruit Growing and Tasting, 2-5 PM. New Paltz: <http://www.leereich.com/>
- October 17th: 5th annual pie-baking contest. Montgomery Place Orchards.

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!