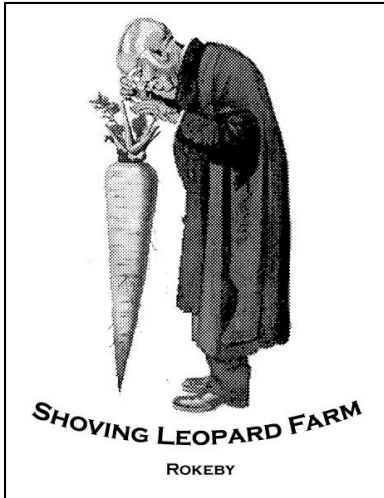


September 2007 Issue

The Shoving Leopard Leaf

Shoving Leopard Farm: 845-758-9961



News from the garden

The dog days of August are over, and a hint of fall is felt in the morning and evening air. The garden has grown and is producing beautifully. If you haven't had a chance to visit, now is the time! I will be more than happy to break from my thesis-writing to give you a tour...

As for news, there isn't much. I am going up to Burlington next weekend to play music with my friends, and I'll come back here with two Road Island Redheads who will live in a pink chicken tractor, and whose rent will be to keep the pathways down and the beds fertilized.



At the stand

I will not run the stand this month as I am trying to finish my thesis. However, you can put in an order for the following to be picked up:

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

*Picklin' and slicing cukes

*Green beans of all sorts

*Summer squash in all shapes and sizes

*Salad mix

*Rainbow chard

*Beets and their greens

*Potatoes

*Radishes

*Sour dough bread and starter (upon request)

** PICK YOUR OWN FLOWERS! (Or ask for a pre-picked bouquet) but you MUST come visit the flower labyrinth if you haven't already. It looks absolutely spectacular, and the more we pick, the better it will look, and the longer we will have blossoms. There are zinnia, cosmos, ageratum, sunflowers, gaillardia, amaranths, celosia, cleome, cock's comb, various asters, starflower, baby's breath... to name just a few.



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

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

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Recipes of the month, by Abra

Curried Green Beans

2lbs green beans cleaned and snipped
3 tbspn curry powder
4oz olive oil or ghee
4oz sliced almonds

Blanche green beans in a boiling water and then immediately shock with cold water and allow to drain.

Toast almonds on a baking sheet in 350 F oven for 6-10min until they smell nutty.

When beans are dry toss together in a large bowl beans, almonds curry powder and oil. Taste and season with salt and pepper.

Pesto Pantesco

½ C mint
1 C basil
1 C parsley
2 cloves garlic
2 tbspn capers

4 med. Plum tomatoes
1 tbspn pepper
1 tbspn red pepper flakes
½ C olive oil

Whiz all ingredients in a food processor

Roasted tomatoes

If the tomatoes are large slice in half and place cut side up onto a baking sheet lined with parchment. Sprinkle with salt and roast at a very low temp (200 F) for 4 hours until they have given up their moisture but are not completely dehydrated.

If the tomatoes are small slice in half and toss with liberal amounts of olive oil, salt, pepper, oregano and red chili flakes. Roast at a high temperature (450 F) until they have just started to crisp along the cut edge. Remove from oven taste and adjust the seasoning with red wine vinegar..

The Nutrition Corner, by Rosalind

Analysis of a Beet Green or Why They're Good for You

A cup of unsalted, cooked beet greens (144 grams) provides the lucky eater with an abundance of several vitamins and minerals. Chief among them are: **Vitamin A/ Beta Carotene**, good for eyesight, respiratory strength, immune function, and healthy skin;

Lutein and zeaxanthin, good for retarding macular degeneration.

Vitamin K, good for blood clotting and strengthening bones;

Calcium, good for strengthening bones and teeth, relieving insomnia, reducing cramps;

Magnesium, good for relieving constipation, relaxing muscles, reducing anxiety, lowering blood pressure, preventing calcium deposits and kidney and gallstones;

Potassium, good for reducing blood pressure, preventing muscle cramps.

If you prefer them dressed, a little olive oil, vinegar or lemon, and garlic could do the trick!

Upcoming Events

* Cob pizza oven-building workshop and pizza party, date has yet to be determined. Stay tuned for more details.

Produce Puns

My [lost item] is bound to turnip some place.

- Or - Turnip the volume; I can barley hear the song.