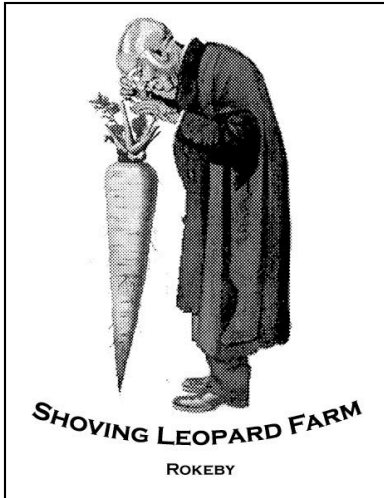


The Shoving Leopard Leaf

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

August finally brought the bounty that I'd been hoping to offer in the share baskets since July. We have been eating beans (haricots verts and dragon's lingerie), tomatoes (heirloom and cherry and hybrids), peppers (sweet and hot), too few summer squash, beets, turnips, potatoes, okra, parsley roots, chard, kale, sweet corn, and herbs.

On August 16th, an isolated storm of hail one and a quarter inch in diameter hit the garden and not much else around it, leaving hundreds of pounds of bruised heirloom tomatoes, peppers, and squash in its wake. Many days of rain followed by hot sunny days caused many if the tomato plants to blacken as the turgid leaf cells burst in the heat. Luckily, the fall tomatoes look unbruised and will carry us into the fall.

The flower garden is hitting its stride, but with fewer zinnia than we would like. Was it a bad batch of seed? Bad timing with respect to the weather? The sunflowers, various amaranth, bachelor buttons, cosmos, calendula, snaps, ageratum, statice, and others are making up for the zinneal disappointment.

The hens are all grown up and laying pullet eggs, while Gretchen has started laying extra-jumbo eggs. The mix of pinks and greens makes for a pretty carton of 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...



Jen diggin' potatoes! We grew two varieties from bought seed, and eight for a NOFA trial...

All we have to do now is taste them all and report back.

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!

Spicy Squash Soup

1 large squash (butternut or blue hubbard)
1 onion, diced
2 stalks of celery, diced
2 cloves garlic
1 dried pepper (ancho or chipotle)
1 qt stock or water
1 lime
Sour cream
Cilantro

Split and seed the squash and roast at 375 until very tender
Allow to cool and then scoop out the flesh
Sweat the onion and celery with the garlic and dried pepper
When soft remove the dried pepper, add the squash, lime juice and stock and puree until smooth
Taste and season with salt and cayenne pepper
Serve with a dollop of cream and chopped cilantro leaves

Green Tomato Chutney From Mangos and Curry Leaves

2 Tbspn veg oil
½ C chopped onion
2 cayenne chilies seeded and chopped
6-8 curry leaves
1 tsp fish sauce (optional)
¼ tsp ground fenugreek
A pinch of turmeric
1lb green or semi ripe tomatoes chopped
¾ C coconut milk

Heat oil in a heavy pot over medium heat
Add the onion, chilies and curry leaves until onion is light brown
Add the fish sauce, fenugreek, turmeric and tomatoes
Season with salt and pepper
Cook for about 15 min or until tomatoes are soft
Add coconut milk and bring to a boil then reduce heat and simmer about 5 min

The Nutrition Corner, by Rosalind

Hurrah for Potato Salad!

Marina's garden is now yielding up its potatoes, those popular starchy tubers which also provide – depending on variety and soil grown in – significant amounts of vitamin C, vitamin B-6, good for boosting the immune system, and potassium, necessary for balance with calcium. Now here's where the potato salad comes in: if

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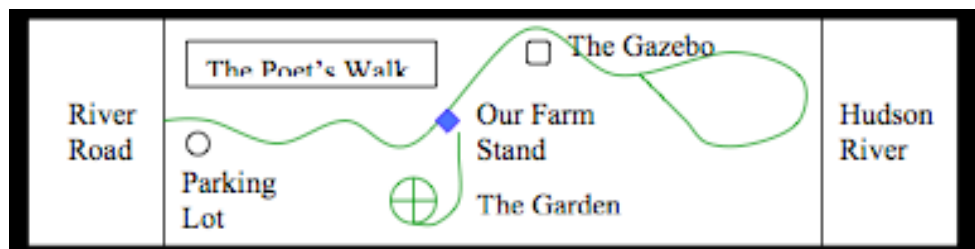
you let the potato cool before eating it, more will pass into your large intestines as fiber and less will be absorbed as blood sugar. This also means lower triglyceride levels and less fat storage – for those who are heart or weight conscious. Remember (a) that the skin is an important part of what's healthy in a potato and (b) that the smaller the pieces the more nourishment you loose when cooking. So "hurrah for big chunk potato salad," I say!

rosalind@nutrition-matters.info

Upcoming Events

- Hudson Valley [Wine and Food Festival](#). Sat, Sun September 6-7, Dutchess County Fairgrounds.
- [Puppet-raising!](#) Saturday September 13th, 10-6, Rokeby Farm. RSVP to puppetraising@superiorconcept.org
- Montgomery Place Orchards Pie Contest. October 11th.
- First annual Naked Plants party. Saturday October 12th, 3-6PM in the garden. Just like a Naked Ladies party, only instead of swapping clothes, we'll swap divided perennials. I have extra pots if you need some. RSVP to marina@rokebyfarm.org.

How to find the stand



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Barrytown, NY 12507

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845-758-9961

E-Mail:
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