



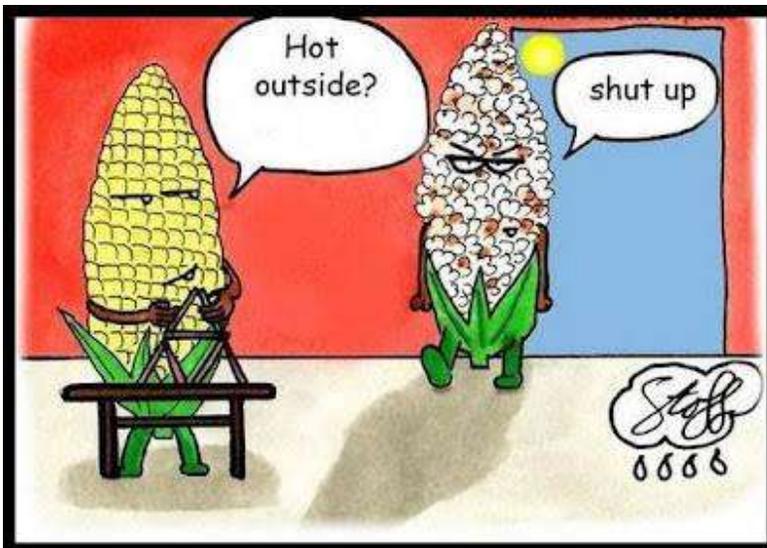
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Newsletter 3-18

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When we come inside after long hours in the field, we feel all popped out. None of us like the extreme heat except our new baby chicks. They like it at 90 degrees Fahrenheit for the



first little while. No problem during the day. At night they still need the heat lamp. Some plants like the heat but even tropical tomatoes don't like it hotter than 25 degrees All the plants are very thirsty. Thankfully it rained today.



We had an out and out war with the Colorado potato beetle and have finally won the battle. The plants are recovering now and we wanted to give you some **new potatoes** into your tubs. They are different from other potatoes. This is the easiest way to make delicious potatoes. Boil, smash, season, bake. These are the BEST potatoes ever. They get crispy. Bake 350 for 30 min. or less Just that easy! Sprinkle them with fresh **parsley**. There's some in your tub The heat has caused the lettuce to bolt and

it is done for now but there is more coming soon and we have other greens to make salads for now.

**Swiss Chard** tastes like a cross between kale and cabbage. It can be eaten raw, but it's

best when cooked. Eat the stems for extra fiber and crunch — they're delicious!

*Recipe: Thinly slice leaves and stems and set aside. Heat olive oil and garlic in a large saucepan, cook until garlic is fragrant. Add chopped pecans and toast, then add chard and cook until wilted. Finish with a splash of balsamic vinegar.*

You have **kale** again. Make kale chips, a salad or try

#### Sauteed Kale

1 1/2 pounds young kale, stems and leaves coarsely chopped  
3 tablespoons olive oil                      2 cloves garlic, finely sliced  
1/2 cup vegetable stock, water or something sweet like apple juice.  
Salt and pepper                              2 tablespoons red wine vinegar

Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not coloured. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

You have the **garlic scapes** in your tub as well as **green onions, basil** and **radishes**. Have you ever tried a baked radish? Roasting tones down the heat of the mustard oil in raw radishes, and real maple syrup amps up their sweetness.



*1 bunch radishes, scrubbed, topped and tailed*

*2 to 3 tbs butter, at room temperature*

*1/2 to 1 tsp salt*

*1/2 to 1 tbsp fresh ginger root, grated (optional)*

*1 to 2 tbsp real maple syrup*

*1 to 2 tsp cinnamon, ground (optional)*

Preheat the oven to 375 degrees Fahrenheit. In a small baking dish, coat the radishes in the softened butter, then pour the maple syrup over them. Sprinkle on a dusting of salt, cinnamon and ginger, if using. Adjust the quantities of cinnamon and ginger to your liking. Bake for about 30 minutes, or until a knife or fork can be easily inserted into a radish.

The **Cucumbers** make a refreshing salad.

2 medium cucumbers, thinly sliced      1/3 cup water                      1/3 cup cider or white vinegar  
2 Tbsp sugar                                      1/2 teaspoon salt                  1/8 tsp pepper

Chopped fresh dill weed or parsley, if desired

Place cucumbers in small glass or plastic bowl. In tightly covered container, shake remaining ingredients except dill weed. Pour over cucumbers. Cover and refrigerate at least 3 hours to blend flavors. Drain cucumbers. Sprinkle with dill weed. Store covered in refrigerator.

You have **sugar snap peas**. Snap off the stem and eat them just as they are for a snack or braise them for a side dish. I prefer them raw.

#### Snap Peas with Lemon and Mint      Serves 4

1 pound snap peas, trimmed                      1 Tbsp lemon juice                      1 tsp lemon zest  
3 tablespoons extra virgin olive oil              1 sliced green onion  
1 Tbsp chopped mint leaves                      Salt and pepper, to taste

Fill a large bowl with water and ice. Set aside. Bring a large pot of water to a boil. Add snap peas and cook until just tender yet still crisp, about 2 minutes. Using a slotted spoon, transfer snap peas to ice water. Whisk all other ingredients together in large bowl. Drain snap peas and toss with the vinaigrette.

Some of this year's laying hens are teenagers now, starting to lay peewee sized eggs. Every so often you will get two dozen peeweeps instead of one regular dozen.