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There's nothing more rewarding than working in the fresh air, with nature, digging in the magical crust that so far only our planet provides, to produce the food that sustains us. It's 31 degrees Celsius, but there's a gentle breeze. Our work days are long but we sleep well at night. Some of us end the workday with a dip in the Blue Lagoon. So refreshing and peaceful. Never boring. There's always a challenge: too dry, too wet, too many weeds, too many bugs, not enough hands, but our harvests are the rewards.

This week we are pleased to share **Sun Sugar cherry tomatoes**. They are little golden nuggets that are super sweet and delicious. We grow at least 7 varieties of cherry tomatoes but these are our favourites. It is hard not to eat them up as a snack.



Basil goes so well with tomatoes. For a salad, you can toss tomatoes and basil leaves in olive oil and toss in some chopped **garlic scapes**.

There are **new potatoes** in your tub, a little larger than last week. If you don't want to smash them, boil them whole, drain and sautee in butter. Sprinkle with chopped **parsley**.

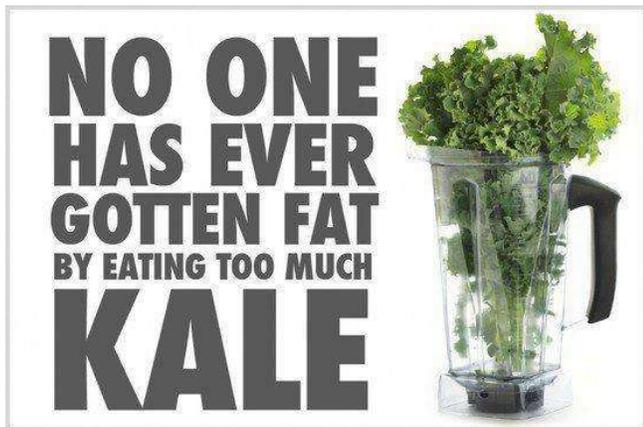


Looking for an easy way to get more greens in your diet? Try this simple sautéed Swiss chard recipe. In the spectrum of greens, Swiss chard lies between spinach and kale—not as tender as spinach, not as tough as kale. But like spinach, you can easily sauté it in some olive oil in just a few minutes. The stems can be tough. You can boil and toss with butter, or just sauté them first before adding the leaves, to give them

more cooking time.

By the way, not only is chard packed with vitamins (vitamins K, A, and C), it also is anti-inflammatory and helps the body manage blood sugar. For an easy sauté, cook the chard in just a little olive oil with some thinly sliced garlic and red pepper flakes. There is **kale** again. Kale Has a Secret Power. These super-powers come from kale's phyto-nutrients, which include the well-known antioxidants, which reverse

inflammation and improve the liver's detoxing abilities. Want to start a simple detox? Start drinking a green kale smoothie every morning Add something sweet. There are **cucumbers** again, both greenhouse(slicers) and field (pickling) cucumbers. Cucumbers consist of 96% water and so are one of the most hydrating foods.



You have **onions** and **radishes**. Did you know radishes are really good for you? Try making a Zippy radish salad.

2 cups thinly slice radishes	½ cup cubed Swiss cheese	2 green onions, thinly sliced
1 garlic clove, minced	1 Tbsp Tarragon vinegar	½ tsp Dijon mustard
¼ tsp salt	1/8 tsp pepper	3 Tbsp olive oil

In a bowl. Combine radishes, cheese and onions. In a small bowl, combine garlic, vinegar, mustard, salt and pepper. Whisk in oil until smooth. Pour over radish mixture, toss to coat. Chill for 2 hours. Serve on a bed of greens.

Last but not least are the **Sugar Snap peas**. Peas are not a heat loving plant but they are making a valiant effort to thrive until the beans are ready to replace them. **Sugar snap peas** have a high fiber content, which can help keep your digestive system functioning properly. They're an especially **good** source of soluble fiber, which helps regulate blood **sugar** levels so that **you** can maintain a healthy weight. **Sugar snap peas** are low in calories. One cup contains just 67 calories.

