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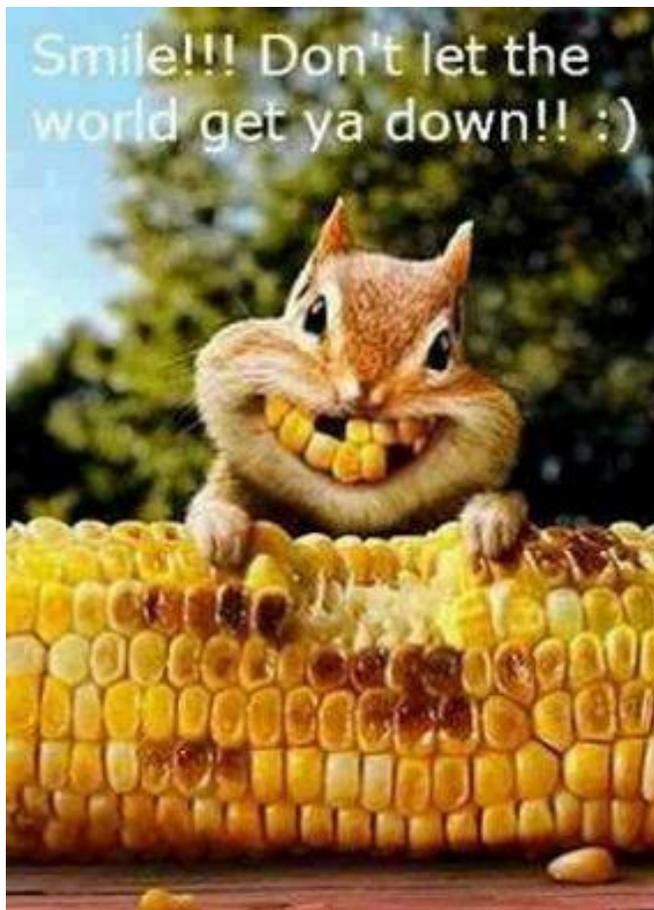
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Newsletter 6-15

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After a prolonged period of scorching winds and watching the rain fall somewhere else, we are having a downpour. The soil is thirsty and drinking it up. Surely the corn will grow another foot. The weeds already have. On the downside, the strawberries and raspberries we anticipated this summer were disappointing and unproductive. We lost a number of our chickens and 90% of our ducks but that is nothing compared to the loss we experienced on the long weekend. Our mother and grandmother, who used to own the farm, passed away in her 98th year. This has slowed us down somewhat but with the help of our incredible interns and WWOOFers Your tubs will arrive as planned, with some new goodies that have come into season. There are the usual purple skinned but white fleshed **new potatoes**. A quick and easy way to cook these tender nuggets is to Boil, smash, season, bake. These are the BEST potatoes ever. They get crispy. Bake 350 for 30 min. Just that easy!



There is **parsley** and **onions** with green tops to flavour your meals this week. The parsley will go well with this sweet treat.

#### Maple Seared Carrots

1 lb carrots, julienned                      1/2 cup maple syrup  
1/8 cup chopped parsley                      1 Tbsp butter

In a medium bowl, marinate carrots in maple syrup for one hour. Strain. In a hot pan, saute carrots very quickly, adding butter and parsley at the last minute.



There is nutritious **kale** in your tub again. These characters don't seem to know about kale chips.

The heat last week produced ample **cucumbers** and **summer squash**. Whether your squash is zucchini or patty pan, rinse them and cut them in pieces. Melt the butter in your saute pan over medium heat, but don't let it brown. Season the squash with salt and pepper and saute for six to eight minutes, until they are tender. Test by inserting the tip of a small sharp knife into the largest piece. Pour the squash and butter into a serving bowl. Add the fresh minced herbs and toss all the ingredients to combine. Serve as a side dish.



There are **field tomatoes** in various colours and colourful **Swiss chard**. Chard is actually a type of beet that has been specialized for leaf production. A cup of cooked Swiss chard will give you 37.6% of the daily value for magnesium along with 10.2% of the daily value for calcium.



None of us enjoy picking beans but we all enjoy eating them so there is a pound of **green beans** in your tub. First pick. Beautiful. they have a lot to offer us in the way of nutrition for a very low amount of carbohydrate.

New this week is **Napa cabbage**, a cabbage with thick, crisp stalks and light green leaves. It has a sweeter flavour than other cabbage and is delicious eaten raw in salads.

Try:

- |                           |                         |                           |
|---------------------------|-------------------------|---------------------------|
| 2 Tbsp sesame seeds,      | 1 1/2 Tbsp rice vinegar | 1/2 tsp sesame oil        |
| 2 tablespoons white sugar | 1/2 teaspoon salt       | 1/4 teaspoon black pepper |
| 1/3 cup olive oil         | 4 cups shredded cabbage | 2 carrots, shredded       |

1 (3 ounce) package ramen noodles, crushed  
 In a small skillet, toast sesame seeds over medium heat until golden brown and fragrant. In a small bowl, mix together vinegar, sesame oil, olive oil, sugar, salt, pepper, and ramen seasoning packet. In a large bowl, mix together cabbage, carrots, and crushed ramen noodles. Toss with dressing to coat evenly. Top with toasted sesame seeds.



