

# Blue Lagoon

certified  
**ORGANIC**

by **ECOCERT**  
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Changes have come. Our country is turning red from the leaves on the trees to the politics. The Canada geese are training to leave as soon as their food supply is covered with snow but our helpers have left already and gone on to their next adventure. There are just the three of us now and we have potatoes and miles of carrots left to take out. We waited for frost to make the carrots sweeter and frost came late. Every chance we get, we are pulling out carrots and washing them. This is a bone chilling experience. In your tub this week you have **potatoes** and **carrots**.



The herbs this week are **parsley** and **sage**. In Britain, sage has for generations been listed as one of the essential herbs, along with parsley, rosemary and thyme (as

in the folk song "Scarborough Fair"). They pair well with the **chicken** in your tub. **Please remember to leave your coolers out.** There are **onions** as well





We hope you enjoyed the frozen melons last week. It's a simple, easy, healthy treat.

**Kale** is another vegetable that becomes sweeter with frost so there Just in case you're tired of kale chips, Sautéing kale is a common preparation for this cruciferous green vegetable. Start by

heating 3 tablespoons olive oil in a large sauce pan on medium-high heat. Cook 2 cloves of finely sliced garlic in the oil until soft. Add 1 1/2 pounds coarsely chopped young kale stems and leaves to the pan along with 1/2 cup vegetable stock or water. Stir the contents of the pan to combine and cover. Cook for five minutes before removing the cover. Finish cooking by stirring until the pan liquids evaporate. Season to taste with salt and pepper and finish with 2 tablespoons of red wine vinegar or



lemon juice.

The unusual root in your tub is **celeriac**. It doesn't look beautiful but has a fantastic taste. My mother used to grate it and serve it with a creamy sweet salad dressing, probably her coleslaw dressing. We could never get enough of it. To prepare celeriac, peel it like a potato, rinse and keep in acidulated water (water with vinegar or lemon juice in it to keep it from browning) until ready to use It can be roasted, boiled and mashed, steamed, made into soup or used to flavour stocks. Grate celeriac, blanch for a few minutes in boiling water, then cool and serve as a salad with a vinaigrette, or grate and serve raw with a rémoulade sauce (mayonnaise with Dijon mustard, capers, gherkins, anchovies and herbs).



Another root in your tub is beets . Beets are a unique source of phytonutrients which have been shown to provide antioxidant, anti-inflammatory, and detoxification support. Enjoy the colorful addition to your plate



This week there are four **winter squash** in your tub. Two acorn and two



carnival. The carnival squash belong to the acorn family. I like to cut acorn squash into rings and roast them, brushed with mango chutney or another fruit chutney and sprinkled with nuts because rhe rings look so attractive for a company meal. For

**Basic roasted squash** Preheat the oven to 400 deg.F Cut the squash into halves. Remove and discard the seeds and fibers. Place

skin-side up on a baking dish. Add about 1 inch of water to the dish. Bake until the squash is tender when pierced with a fork 45 to 50 minutes. Drain all the water. Turn the pieces flesh-side up. Brush with butter and sprinkle with salt and pepper. If desired, sprinkle with brown sugar or drizzle with honey or maple syrup. Bake for another 10 minutes.

Something new. We couldn't resist sharing a bag of dry beans with you. They are still in the shell and when you shell them which takes mere minutes, you will be surprised at the beautiful beans you have to throw into your soup or stew. They must be soaked first. Overnight is best.

