

Blue
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ORGANIC

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We took time to play last Sunday and took our WWOOFers to the Morden Corn and Apple Festival. We don't know the long one in the picture but the short of it is Ranko, 4 ft 7 inches, a mini dynamo. When we tell people that we are organic farmers these questions always come up. Can organic agriculture feed the world? How do we feed a growing population? The answer is obvious: whatever system grows the most food is the best bet for addressing hunger but global food production per capita and hunger are both increasing. The long and the short of it is that hunger is caused by poverty, not lack of global food supply. Maria Rodale wrote "The Organic Manifesto" in which she insists that organic food is the only way to feed the world. The long and the short of it is if all farming was done organically, nature would be balanced, money would stay in the hands of the farmer, the farmer would stay on the land and energy use would be reduced while producing abundant food.

I drove all the way to Virden to pick up a side of organic grass fed beef and the fields all along the highway, as far as the eye could see, were yellow with Canola. Our farm was surrounded by canola this year. This monocrop nourished billions of flea beetles. Although the farmers sprayed for beetles, it only killed those who had emerged. The eggs that hatched after the spraying were no longer a threat since the canola had already

gone to seed but when the canola was cut and their food supply was gone, the flea beetles

moved to our brassica buffet and severely crippled our kale crop and annihilated tender cabbage seedlings we had planted for a fall crop. The kale is slowly showing signs of recovery. Meanwhile you have **Perpetual Swiss chard** in your tub. It has small succulent leaves and



could be used in spinach dishes. This leafy green is packed with magnesium, a nutrient essential for the biochemical reactions in the brain that boost your energy levels. Rinse the Swiss chard leaves thoroughly. Chop them into smaller pieces. Heat a saucepan. Add 2 Tbsp olive oil, a garlic clove sliced and a pinch of dried, crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes. Add salt to taste, and a small amount of butter. Serve

In your tub are small **potatoes**, You can cook them with **dill** or **parsley** or **onions**.

Try **Roasted Potatoes with Caramelized Onions**

1 pound small potatoes, scrubbed, quartered
3 Tbsp olive oil

1 large yellow onion, peeled, thinly sliced
Kosher salt and freshly ground black pepper

Preheat oven to 400°F. Put onions and potatoes in a sturdy roasting pan. Pour olive oil over them and toss well to coat. Liberally sprinkle salt and pepper over the potatoes and onions. Spread the potatoes out so they are in a single layer in the pan. Place in oven. Cook for 40 minutes or until the potatoes are lightly browned and cooked through.
Serves 4.

Ode to Zucchini

All hail the great and noble zucchini.
Beats other vegetables by a mile
It is so good and versatile
Boiled or baked, or maybe steamed
Coated, fried or even creamed.
A drop of lemon, a drop of lime
Will tease your taste buds every time.
Adjusts to spices in great variety
Served well in low or high society.
Without them, no meal is complete
Try them any which way. Bon Appetit
Bernard Bernhardt

There is also **cucumber, zucchini, assorted beets, mixed beans, lemon balm** and **tomatoes**. The tomatoes are field tomatoes, small but nutritious. All tomatoes are a great source of lycopene, a fat-soluble phytonutrient that helps protect vital brain fat, and a nutrient that actually stops the buildup of pro-inflammatory compounds linked to depression. Because lycopene lives in tomato skins, the best way to get it is through cherry tomatoes, whose smaller surface area means you'll eat more skin than if you eat a full-size tomato. These aren't cherry tomatoes but they do have a smaller surface area

LEMON BALM COOKIES

2 tbsp. minced lemon balm leaves
2/3 c. sugar
1/4 tsp. salt

1 tsp. lemon juice
2 1/3 c. all-purpose flour
Whole lemon balm leaves for garnish

1 c. butter, softened
1 egg

In small dish, combine first 2 ingredients, press mixture with back of spoon to blend. In large mixer bowl, cream butter and sugar until light and fluffy. Beat in egg and lemon mixture. Gradually beat in flour and salt. Cover and refrigerate 3 hours or until firm. Roll in wax paper. Preheat oven to 350°F. On wax paper slice into slices about 1/8" thick. On ungreased cookie sheet bake 8 to 10 minutes. Will brown slightly around edges. Yield: about 60 cookies.



New this week are **peppers** and **pattypans**. It is difficult to ripen peppers in our climate but this summer has been favourable for that. We have grown a number of shapes and colours.



Pattypans are a delicate form of summer squash similar to zucchini but more creamy. Patty pan squash can be grilled on a barbecue. You can also quarter patty pans, toss them with a bit of olive oil, salt, pepper, and crushed garlic, and roast them on a baking sheet at 425 F for 15 to 20 minutes. Since patty pans are small and round, it can be difficult to slice them. To stabilize the squash, slice a coin-sized round off one edge, and then place the squash cut-side down on the cutting board.

Next week, on **September 9th** is our CSA farm tour and pot luck. It starts at 4:00 pm. Please let us know how many are coming if you have not already done so. We want to plan our gathering space to accommodate everyone.

