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It's beginning to look a lot like Hallowe'en. That's why you get a big **pumpkin** to carve. It's also a tasty pumpkin for cooking or baking. If you only use it as a decoration, at least save the seeds. Wash the seeds and discard any fibers. Soak the seeds overnight in a mixture of 2 tsp salt per 1 cup water. Be certain that the mixture covers the seeds. Drain the seeds in a colander. Spread them out on paper towels to dry. Preheat the oven to 300 degrees F. Transfer the seeds to a baking sheet and spread out in a single layer. Bake for 30 to 45 minutes. Do not allow the seeds to brown. Crack open the shells and enjoy the kernels within.

Between showers, we are still digging up carrots and potatoes. Stefan is washing them in the rain. Some of them are broken or deformed but still delicious. This chilling experience makes us look forward to hot soup at lunch. We have a number of frozen soup chickens available. There are 2 in a bag for \$10.00. These chickens are spent laying hens, skinned and ready for the soup pot.

The **chicken** in your tub is a roasting hen, not a soup chicken.

**Remember to put out your cooler.**



All the vegetables you get from now on are keepers. They don't have to be eaten right away. Besides the **potatoes** and **carrots**, other good soup vegetables in your tub are **onions**, **parsley** and **garlic**.

A quick soup recipe is **Garden Soup**

1 medium onion, diced	1 Tbsp parsley, chopped
1 Tbsp butter	3 potatoes, peeled and diced
2 medium carrots, sliced	Salt to taste
5 cups water	4 chicken bouillon cubes (IF YOU DON'T HAVE REAL CHICKEN)

In a large, heavy Dutch Oven, cook onion in butter. Add remaining ingredients. cover and simmer for 40 minutes or until tender. Serve as is.

Fresh food this week is **kale**, **tomatoes** and **basil** . This is the last of the tomatoes from this year. They



are a combination of red Cobra, Yellow Taxi, Valencia, Black Prince and Green Zebra. Tomatoes and basil go so well together that we have picked some basil from the greenhouse for you to enjoy.

The frozen food this week is **frozen green beans** which give us a flashback to summer.



The **celeriac** root in your tub can be used to make a very comforting vegetable dish called **Smashed Celeriac**.



1 tsp thyme ,	1 celeriac , peeled	olive oil	sea salt
3-4 tablespoons water or organic stock	2 cloves garlic , finely chopped		black pepper

Slice and dice it all up into ½ inch cubes. Put a casserole-type pot on a high heat, add olive oil, and add the celeriac, thyme and garlic, with a little seasoning. Stir around to coat and fry quite fast, giving a little colour, for 5 minutes.

Turn the heat down to a simmer, add the water or stock, place a lid on top and cook for around 25 minutes, until tender. Season carefully to taste and stir around with a spoon to smash up the celeriac.



Sunchokes are the bulbous, medium-sized tubers of the plant known botanically as *Helianthus tuberosus*, or commonly, a variety of sunflower. The inulin-rich Sunchokes contain no other type of carbohydrate, which is perhaps why some call it “the potato of diabetics.” The sunflower tubers are also high in fiber and have more potassium than most other vegetables. This week we are putting a jar of pickled sunchokes into your tub.