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Newsletter #1-17

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Happy summer. The three of us have been planting since the beginning of May



but now School's out and our interns have arrived. We have one from Germany, two from Austria, one from Holland, one from France and a WWOOFer from Switzerland. What an incredible help they are. We call them the Blue Lagoon Beauties. Even though summer has officially arrived, Mother Nature has been dragging her heels, We had an extremely dry spell where seeds did not germinate

and then she gave us water. Hurray!.... but we need warmer nights. The cool season crops are doing well but they have been attracting visitors from a rabbit warren and we need to replant in a new hidden location. We have given you what the farm produces right now but most of the bounty will come later.



The lettuce is doing well. Head lettuce does not like heat so it is at its best right now. There will be some in your tub. **Romaine** lettuce is a fantastic leafy green that contains all 8 of the essential amino acids. Romaine is also high in omega-3, calcium, and iron and has more vitamin C than an orange. Romaine lettuce is rich in beta carotene, folate, and vitamins E & K. The beta carotene and folic acid in romaine lettuce can



reduce the risk of heart attacks and stroke, while the vitamins E & K can help balance blood sugar Who knew?

Parsley is here. It takes a long time to germinate so we start it inside in March. Once it grows, it is the hardiest crop in the garden. When it freezes, parsley will break like glass .

Once it thaws though, it is good again. Very few plants will be so loyal. It is also good for your health. A nutritionist said half your salad should always consist of parsley. It is more than a garnish on your plate.



There is a **cucumber** in your tub which was growing in the greenhouse. How else could we have early cucumbers? The field cucumbers will take a while.

The **onions** were started from seed in February.

They will do most of their growing in the field in the summer sun.

**Kale** is great right now, tender and nutritious.

**Salad Reinvented:**

There are 3 great things about kale! It is highly nutritious, there are endless ways to enjoy it, and the more you eat it the more you'll crave it!!



Ingredients:

- 1 head kale
- 1 tsp sea salt
- 1 yellow bell pepper
- 1 tbsp coconut oil (melted)
- 1 purple onion
- 1 tsp black pepper
- 1 carrot
- 1 tsp seasoning

Tear kale leaves from stems and place in large salad bowl. Slice pepper, onion and carrot and add to bowl. Add coconut oil and seasoning to bowl and massage lightly. Spread kale out on dehydrator sheet and dry until kale is fully crispy. Aprox. 8 hours. If you do not have a dehydrator you can set your oven to 350 and bake for 10 minutes.

The treat of the season is rhubarb. Try a

**Rhubarb Upside Down Cake**

- 2/3 cup brown sugar
- 2 ¼ cups diced rhubarb
- 3 Tbsp butter, melted
- 4 ½ tsp sugar

**Batter**

- 6 Tbsp butter,
- 1 tsp vanilla
- ¼ cup milk
- ¾ cup sugar
- 1 cup +2 Tbsp flour
- ¼ tsp cream of tartar
- ½ tsp salt
- 1 ½ tsp baking powder
- whipping cream, optional
- 2 eggs separated

Combine brown sugar & butter. Spread into a 9 inch greased round baking pan. Layer with rhubarb. Sprinkle with sugar. Set aside.

Cream butter & sugar till light and fluffy. Beat in egg yolks and vanilla. Combine the flour, baking soda & salt. Add to creamed mixture alternately with milk, beating well after each addition. Beat egg whites & cream of tartar till stiff peaks form. Fold into creamed mixture ½ cup at a time. Gently spoon over rhubarb. Bake at 325deg. for 50-60 minutes.



Cool slightly and reverse on plate. Serve warm with whipped cream.

We thought you might be out of our **honey** so we're going to sweeten the tub with a jar of last year's honey. The bees are busy pollinating but our first extraction is still to come.

