



781 Hwy 26 St. Francois Xavier, MB, R4L 1A2
204 864-3083

anelore@mts.net

www.bluelagoonorganics.com

Newsletter #10-18

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The United Nations warned last year that 40 percent of invertebrate pollinators -- particularly bees and butterflies -- risk global extinction.

Pesticides have been blamed as a cause of colony collapse disorder, along with mites, viruses, and fungi, or some combination.

We are grateful that the Futros Brothers put some of their bees on our farm to fertilize our plants and give us honey. Stefan and Melanie are helping them with the second extraction as we speak and you will have a jar of the beautiful **raw honey** in your tub. Raw honey has been filtered but not heated

to the point of destroying all the health giving enzymes raw honey contains.



**16 OZ
of honey**
requires 1152
bees to travel
112000 miles &
visit 4.5 million
flowers.

 **Natural Society**
Transform your health naturally

To go with that you are getting a bunch of **mint** and **lemon balm** to make a delicious



drink which could be served hot or iced .

2 -3 Tbsp fresh mint leaves 2 -3 Tbsp fresh lemon balm leaves
honey to taste 2 cups fresh boiling water

Directions

Pour boiling water over fresh herbs (or use a tea ball) in a tea pot that's been rinsed out with warm water.

Let steep for about five minutes.

Strain into warmed tea cups and enjoy your tea - tisane - infusion sweetened to your taste with honey or sugar. May be served hot,

or cold over ice. Enjoy!
We had rain. Need more.

This week we are celebrating the **tomato**. You are getting a selection of Cobra, Valenzia, Hawaiian Pineapple, Yellow Taxi, Green Zebra and Black Prince.

You are also getting a generous 3 lbs of **cherry tomatoes**. They make a great salad or snack but Have you ever eaten them cooked?

Garlic Roasted Cherry Tomatoes

1 ½ lb cherry tomatoes 6 *garlic cloves, minced*
2 Tbsp olive oil 1 *teaspoon kosher salt*
2 *teaspoon fresh cracked black pepper*

Directions:

Preheat oven to 375°F. In a medium bowl, toss together tomatoes, garlic, olive oil, salt and pepper. Transfer to a baking sheet and spread into an even layer. Bake for 20-25 minutes, or until tomatoes are soft and very fragrant. Add chopped basil and eat immediately standing over the sink with a kitchen fork...or on top of your favorite pasta, pizza, or even grilled chicken.

There is **garlic** and **basil** as well as **parsley** in your tub.

There are **cucumbers**, and a variation of coloured **new potatoes**, **onions**, and



summer squash.

2 Tbps butter
1 medium onion, chopped
1 hot pepper, seeds removed
¼ cup cheddar cheese, shredded
Melt butter in large skillet over medium heat. Saute squash, onions and peppers 3 minutes or until onions are tender. Add tomatoes, ham, salt and pepper. Cook,

Spicy Squash

summer squash sliced
2 tomatoes, chopped
½ cup ham, diced
salt & pepper to taste

stirring, 1 minute; pour into greased casserole. Sprinkle with cheese. Bake 10 to 15 minutes in preheated 350 F (180 C) oven or until cheese melts and browns slightly.

Serves 4

There are **sweet peppers**. Everything is small this year with the drought and peppers like 1 inch of water per week but these peppers are meant to be small. They are called picnic peppers.

Peppers are so sweet, crunchy, and juicy that they are a perfect snack to munch on and are a fantastic addition to salads, wraps, nori rolls, hummus, and dips. They are also great



juiced, steamed, sauteed, and stuffed. Try making a raw soup by blending red peppers and tomatoes together with a clove of garlic, a few leaves of fresh basil, and chopped onions and avocado on top. It is a refreshing, light, nutrient packed meal that can nourish your body and keep your immune system functioning strong. The **hot peppers** are Hungarian Hot Wax. For greens there is **Swiss chard**, a great vegetable to add to scrambled eggs or fritata. Add a few leaves to your morning fruit smoothie.



Basil, chopped

