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Newsletter 11-14

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What a welcome to Manitoba for Joannie and Xavier. They come from France where winter is the temperature we have now. They WWOOFed on 4 farms in BC and rode the greyhound to Winterpeg. We ensure them that this is not a normal September for us and it is still technically summer. Hopefully next week will back up our claims. We are harvesting all the tender vegetables. This week you still get **beans**. **Carrots** are safe in the ground but digging them is a very muddy job and washing them outside is a finger numbing experience.

Bean and Carrot Au Gratin

- 1 lb green string beans 6 carrots julienned
- 2 c grated sharp cheese 1 c milk
- 3 Tbsp flour 3 Tbsp butter 1
- Tbsp Keen's dry mustard salt & pepper to taste
- bread crumbs

Steam carrots & beans and place in casserole dish . In double boiler, melt butter and add dry ingredients. Slowly add milk and thicken. when thick, add cheese, melt and pour over

carrots and beans. Spread breadcrumbs over casserole and bake 30 minutes at 325deg F.

We can't wait for the peppers to ripen any longer so you are getting **green peppers** this week. For the first time there will be **eggplant** in your tub. These Japanese eggplants are thin skinned and don't need to be peeled. Here is one suggestion for using this nutrient rich vegetable.

Healthy Eggplant Parmesan (Servings 2)

- 1 lb eggplant 1/2 tsp garlic powder 1/2 teaspoon salt 8 oz tomato sauce
- 1/2 tsp Italian seasoning 2 garlic cloves, minced 1/2 teaspoon oregano olive oil
- 1/2 tsp vegetable bouillon granule 2 Tbsp parmesan cheese, grated
- 1/4 cup mozzarella cheese, shredded

Preheat the oven to 400 degrees F. Slice the eggplant into 1/2-inch slices. brush the slices with olive oil and place on a sprayed baking sheet. Sprinkle the eggplant with half of the garlic powder and salt. Bake for about 20 minutes, turning the eggplant halfway through the cooking time.

In a saucepan, saute the minced garlic until lightly browned. Add the Italian seasoning, tomato sauce, bouillon granules and oregano. Reduce the heat to very low and cover the pan. Remove the eggplant from the baking sheet. In a small baking dish, spread a thin layer of sauce. Add one layer of eggplant, another layer of sauce and so on until all the eggplant has been used. Finish with a layer of sauce. Top with the mozzarella and parmesan cheese and bake until the cheese has melted. There is **garlic** and **fresh oregano** to go along with this recipe.





British researchers recently discovered that garlic may prevent you from getting sick. In the 12-week study of 164 healthy adults, the group of participants that received a garlic supplement reported only 24 colds, while the group that received a placebo reported 64 colds. One explanation is a chemical in garlic called allicin, which may stimulate the production of infection-fighting white blood cells. Whatever the reason, adding garlic to your meals may help you stay above the weather. Just don't eat too much—you want to keep disease at bay, not your friends and family.

Unfortunately this will be the last

week for **summer squash** and **cucumber**.

Parsley and **onions** survive the cold and are still available to flavour your dishes. The **kale** does well in the cold and is hiding under the row cover. Ironically



after we invested in agricon to cover it, the surrounding canola farmers have not been able to get into the field to harvest their crops so the flea beetles are still occupied with the canola. It is as if kale has received a stay of execution.

Enjoy your kale chips this week.

The **celery** this year has been awesome. My favourite lunch is soup

and celery with peanut butter. All winter I buy celery that is blanched and mostly water.

After any vegetable is harvested it loses flavour and nutrients. This celery is so fresh it has a great celery taste, stronger than what we're used to. It is usually consumed raw but it is also tasty when cooked

with peas or mushrooms.

Celery Oriental

- 6 to 8 large celery stalks.
- 3 Tbsp butter
- 1 cup fresh mushrooms
- 1/4 cup sliced almonds

Cut celery in 1/2 inch diagonal slices. Cook until tender crisp. Do not overcook. Drain. Saute mushrooms in butter. add celery and almonds. Cook only until hot.



The Amazing Benefits of **CELERY** The Farmacy

Immune System Booster - The high amounts of vitamin C in celery promote a healthy immune system.

Diuretic - Celery has been used as a diuretic for centuries. Its diuretic effect comes from its balance of potassium and sodium which helps flush out excess fluid from the body.

Cancer Prevention - Celery contains coumarins which have been shown to be effective in the prevention of cancer.

Anti-inflammatory
Celery is believed to have anti-inflammatory properties, which may help with arthritis.

Lowers Blood Pressure - Celery contains pthalides which have been shown to lower blood pressure by relaxing the muscles around the arteries and allowing vessels to dilate.

Lowers Cholesterol - The pthalides in celery may also lower cholesterol by increasing bile acid secretion.

