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The weather forecaster said the F- word yesterday and this time he was right. At the airport it was 2 degrees but in St. Francois Xavier there was frost on the pumpkins. It was spotty and not on everything but it signals the end times for the tender vegetables.

We are part of OPEN FARM DAY on the 17th and it has always frozen just before that. The girls have been picking tomatoes every day and we are sharing our abundance. We are giving you a sampler of the varieties The Yellow Taxi are the most abundant. They are low acid. If you have an orange one, it's a Valencia. It has the highest lycopene content which is good for men's prostate. The brown ones are Black Prince. They used to be my favourite but now I love Grightmire's Pride the best. Unfortunately the dry



conditions and intermittent moisture have caused both of my favourites to crack and they are not beautiful enough to put in all of your tubs. If you have a green striped tomato it's a green zebra and ready to eat. This week we give you **basil** to go with your **tomatoes**. They are



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good companions. Other herbs this week are **parsley, catnip** and **dill**.



The Colorado Potato Beetle decimated our potato crop. Our girls made a valiant effort to pick off the bugs, the nymphs and the eggs but they were pernicious. We sprinkled Diatomaceous earth on the plants (the ground up bodies of dead sea creatures, which scratches the bellies of the bugs and dehydrates them) but every time we did, there was just enough rain to wash it off.

Apparently the mild winter allowed the bugs to survive and they were rampant everywhere. Your baby **potatoes** today are the product of 2 ½ acres. Enjoy them. There's a risk in being organic but it's better than ingesting pesticides.

There are **beans** in your tub. We are either picking beans, bagging them or eating them. Have you ever had beans for dessert? Bean Bars are delicious.

1 cup whole wheat flour	1/3 cup dry milk powder	1/2 cup brown sugar
1 tsp baking soda	1 tsp ground cinnamon	1/2 tsp nutmeg
1/2 tsp cloves	1/2 tsp salt	2 cups green beans
1 egg	1/2 cup oil	1/2 cup apple sauce
3/4 cup chopped walnuts	1/2 cup currants	2 Tbsp. icing sugar

In a large bowl, place flour, milk powder, sugar, baking soda, cinnamon, nutmeg, cloves and salt.

In a blender, place green beans, egg, oil and apple sauce. Process till smooth. Add flour mixture, stirring until well blended. Stir in walnuts and currants. Pour into greased 11 x 7 inch (2 L) baking pan. Bake at 350 degrees for 25 – 30 minutes. Sprinkle with icing sugar while warm.

There is **Swiss Chard**, **onions** and **cucumbers**. The summer squash is either **zucchini** or **pattypans** or both. They are heat lovers and their days are numbered. We are giving you **cauliflower** again. It is not a heat lover. The heat and drought conditions have given this brassica an assertive taste when eaten raw but we had

Cauliflower Gratin last night for a company dinner and everyone enjoyed it.

6-7 cups water	1 large cauliflower	2-3 Tbsp butter
3 Tbsp flour	1 can coconut milk	1/2 tsp salt & 1/2 tsp pepper
1 tsp Italian seasoning	red or green pepper chopped	1 cup roasted sunflower seeds
1/4 cu parsley		

Break cauliflower into florets and toss into boiling water. Bring back to boil and then simmer for 3-4 minutes. Drain and cool. To make sauce melt butter. Add flour and stir until combined well. Add coconut milk. stirring constantly. Add salt, pepper and Italian seasonings and simmer on low heat 6-8 minutes until sauce is thickened. Arrange florets with stem side down in greased baking dish. Sprinkle chopped peppers, seeds or nuts over florets. Spoon sauce over and sprinkle with grated cheese or bread crumb topping. Bake for 30-35 minutes. Serve hot, garnished with parsley or dill.



Your cabbage this week is Murdoc. It is a cone shape with very little core. The shape makes it excellent for slicing for stir fries, sautes and coleslaws. Some like to chop and toss the sweet leaves with red wine vinegar and extra virgin olive oil, seasoned with herbs and pepper.