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Newsletter 11-16

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The mornings are crisp, the heat is gone, the school buses are rolling and it's a new



beginning for students. For farmers it's the foreboding of the end to come. Good bye to summer, goodbye to Tim who has moved on to a teaching position in Australia and goodbye to Bear, our beloved border collie who was laid to rest between the plum trees where he loved to bark at the geese. Every day is a gift. We are kept very busy harvesting all the gifts the fading summer has brought us. There has been a bounty of **cucumbers** this year and if you're not into pickling, cucumber salads are a refreshing treat. Try this sweet version of German Cucumber Salad given to us by a German cucumber lover .



1 cucumber, peeled and sliced very thin
salt

fresh parsley, finely chopped
pepper, to taste

1/4 cup fresh lemon juice
2 tablespoons sugar

Directions

Combine all ingredients in a non-metallic bowl. Chill for a minimum of 30 minutes.



There is **parsley** in your tub to go with that or with the new **potatoes**. They still have lovely summer skins and don't need to be peeled.

This week we are introducing some pink potatoes to your bag of yellow fleshed spuds. These potatoes have pink skins and pink flesh

This year the summer has gifted us with an abundance of beautiful **garlic**. We have included some in your tub.

The **summer squash** has also been abundant. If you haven't been able to eat it all, perhaps it is time to make **Zapple Bars**

Filling

5 1/2 c peeled and diced zucchini 1/2 c lemon juice
2/3 c packed brown sugar 1 tsp cinnamon
1/4 tsp nutmeg

Crust

2 1/2 c flour 1 1/4 c granulated sugar
1/2 tsp salt 1 c butter, cut into pieces
1 tsp vanilla extract

In a saucepan, combine the zucchini and lemon juice. Bring to a boil over medium heat. Reduce the heat and simmer until tender, about 10 minutes. add the brown sugar, cinnamon and nutmeg. Simmer, stirring for 1 to 2 minutes, until slightly thickened,

Preheat the oven to 350 °F. Butter a 9 by 13 inch baking pan.

To make the crust, combine the flour, sugar and salt. Cut in the butter with a pastry blender or in a food processor until the mixture resembles coarse crumbs. Press half of the crust mixture into the prepared pan. Bake for 10 minutes. Spread the zucchini mixture evenly over the crust.

Crumble the remaining crust mixture evenly on top of the zucchini. Bake for 35 to 40 minutes, until golden brown. Cool completely on a wire rack before cutting into bars.

There is a tomato and potato blight this year. We are fortunate that we have a lot of beautiful **tomatoes** to give you. There are a lot of not beautiful ones that will make a good tomato puree. We have included some basil to go with them. One of our lunches this week was pizza with olive oil and garlic spread on the crust, Then a layer of tomato and basil, covered with mozzarella and parmesan cheese. It was quick and delicious made with nan bread for the crust.



This week you get **celery**, Tim, our WWOOFer from Australia was a vegetarian and loved to eat ants on a log, celery with peanut butter and raisins. What a great snack for lunch boxes. If your school is peanut free, use almond butter or cream cheese..



We haven't had **kale** for a while. It is thriving again now that the cool weather has come.

Kale can be eaten raw (as millions of salads will tell you), but it can be tough and fibrous, so either massage it with your fingers, or use an acidic dressing to help break down the leaves, making them easier to chew and digest. You can also steam the leaves, sauté them, or grill them. Those stems are entirely edible, too. Chop them up and sauté them, or add them to homemade

vegetable stock.

There is **Swiss chard** this week. Did you ever make Swiss chard chips? Similar to kale chips but you have to dry the leaves very well to keep them crispy. Toss with olive oil and salt. Cook them at 400 degrees for 4 minutes.

There are **carrots**. Most are still babies and some are quite large already.

New this week are **leeks**. Time for Leek and potato soup.

