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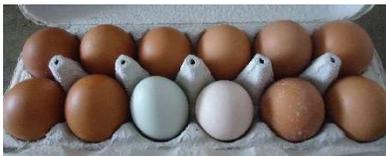
Newsletter #12-16

September 14, 2016



We were kissed by frost last night. Nothing serious. Just a simple flirtation but a drastic change in clothing from morning to afternoon. This is definitely the last week for

summer squash. The **cucumbers** which were so plentiful are slowing down and the ameraucanas, the chickens that lay blue eggs are taking a sabbatical because of the shorter days. Since they're out on pasture, it is difficult to give



them extra light. The brown egg layers do better with shorter days. Much like us, the **potatoes** still don't have their winter skins. This week you have a sample of our three varieties. Yellow fleshed, Alaskan Sweethearts (pink) and Russian Blue. We hurried yesterday, to pick every last ripe **cherry**



tomato to put in your tubs. There is a variety of purple Bumblebee, chocolate cherry, Sunrise Bumblebee, Gardener's Delight, Sun Sugar and Indigo Cherry Drop. Enjoy these sweet treats. So much for tender summer crops.

Cool weather crops are in their glory. There are **carrots** of different sizes and reliable **parsley**. Other seasonings this week are **onions** and **garlic**.

There is purple **cauliflower**. For a colourful side dish try

1 head of cauliflower cut into small florets

1 whole garlic peeled and minced

1 red onion, cut in large pieces and separated into single pieces

olive oil

salt

Toss together, roast in single layer

400 degrees for 1 hour



Another unique vegetable is **cone shaped cabbage**. It is a nutritious staple for sauerkraut, Coleslaw, wraps and stir fries. It has a densely packed interior with extra short cores for more usable cabbage. Julia, from Germany, has requested that a large bowl of coleslaw is kept in

the refrigerator at all times.

Easy Coleslaw

3 Tbsp red wine vinegar

½ tsp caraway seeds

½ c thinly sliced green onions

½ tsp thyme

¼ tsp each salt & pepper

6 cups shredded cabbage

1 tsp honey Dijon mustard

1/3 cup oil

2 cups. shredded carrots

In a small bowl; combine vinegar, mustard, thyme, caraway, salt and pepper. Drizzle in oil while whisking. In a large bowl; add cabbage, carrots and onions. Add dressing mixture; toss to combine.

Serves 8

Last but not least a sweet treat for you. We have all had sore throats here and we like to soothe them with sage tea and honey. We are giving you a bouquet of **sage, lemon grass, lemon balm**. The **honey** is from the second extraction.

This tastes good even if you don't have a sore throat.



This Sunday, September 18, we are participating in **OPEN FARM DAY**. Come and join us. There is a farm tour on a hay wagon at 1:00, 2:00, 3:00 and 4:00 pm. We will also have a market stand and we have chickens available in the freezer.

