

Blue
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ORGANIC

Lagoon
by **ECOCERT**
Canada

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We put a lighthouse by our duck pond. We named it Marieannette because Marie and Annette repainted it with great care. We are shining a light on organic farming. Come join us on Open Farm Day, Sunday, September 17. We will give a farm tour at 1:00 pm., 2:00 pm, 3:00 pm and 4:00 pm. If you've never been out here come and meet us. Everyone is welcome. Bring your friends. The geese you see in the



picture are amazing . our field of sunchokes was so weedy it seemed like a daunting task to clean up. Where to start. We fenced the geese in around the sunchokes and they simply ate the weeds. A win-win situation.

This has been a banner year for **tomatoes**. This week you are getting 5 lbs of assorted tomatoes and 1 ½ lbs of cherry tomatoes. We've been eating tomatoes 3 times a day. A new favourite recipe is **Ultimate Caprese Salad** Servings: 4



1 mixed cherry tomatoes, halved 7 Tbsp extra-virgin olive oil, divided
 Flaky sea salt
 2 pounds mixed medium and large tomatoes, cut into thin slices and/or wedges
 8 ounces buffalo mozzarella or mozzarella, room temperature, torn into pieces
 Coarsely ground black pepper
 Small basil leaves and toasted country bread (for serving)

Toss cherry tomatoes with 1 Tbsp. oil in a small bowl; season with salt. Arrange tomato slices on a platter, slightly overlapping; season generously with salt. Arrange mozzarella over tomatoes; lightly season mozzarella with salt. Spoon cherry tomatoes over salad and drizzle with 6 Tbsp. oil; season with pepper. Let stand 30 minutes to let flavors meld and release juices from tomatoes and mozzarella. Top salad with basil and additional salt and oil, if desired. Serve with bread alongside.

This week we celebrate the **carrot**. We seeded them early enough but it never rained and they didn't germinate. We seeded again and again and watered and watered. Finally we are picking the first batch. They are multicoloured and the green tops are just as nutritious as the roots.



Carrot Top Soup [serves 4]

1 bunch carrots, including the greens 1/2 cup brown rice
 1 or 2 stalks green garlic, salt & pepper, to taste
 6 cups water, light chicken stock, or vegetable stock
 thyme, to taste, and whatever other herbs suit your fancy

Bring 3/4 cups water to a boil. Add rice. Simmer until tender, and set aside. While the rice is cooking, pluck the lacy leaves of the carrot greens off their stems, enough for 2 to 3 cups, loosely packed. Wash thoroughly, then chop finely. Chop the carrots into fairly small pieces. Melt a couple tablespoons of butter in a soup pot. Add the carrot tops and carrots, garlic and herbs. Cook for a few minutes, turning everything a few times, then add the water or stock, and salt. Bring to a boil, and simmer until the carrots are almost cooked. Add the rice, heat through until the carrots are tender, then taste for salt and season with pepper.

There are the usual **onions**, **parsley** and **cucumber**. **Celery** is new. It doesn't like



drought so it's not as big as usual but the nutritional value is intact. Celery often gets lost in the mix of other vegetables, mainly because it seems pretty plain and boring. But there's nothing boring

about all the good it does for your body, too numerous to mention here. There is still **zucchini**. It usually goes with the first frost. The brassicas in your tub are **cabbage** and **kale**. The herb this week is **oregano**. Whether fresh or dried, oregano is one of the foundations of Greek and Italian cuisine because of its ability to draw out the best of tomato-based dishes and any other ingredient it's blended with



