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Newsletter # 12-18

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What's new at the farm? **We've had rain.** Too little, too late. Not in time to make the vegetables grow but just in time to make puddles for Open Farm Day this Sunday. Come and join us. We do a farm tour with hay wagon at 1:00, 2:00, 3:00 and 4:00 pm. As you've noticed, the vegetables have been small this year for lack of water, Some didn't make fruit or seed. We didn't have enough pressure to reach the far away plantings and concentrated on



the things fairly close to the source. Look what happened to the **beets**. They had the drip tape on almost constantly. Stefan's look of pride in difficult times. You have some of these giants in your tub this week. If I told you all the benefits of beets, it would fill up the page so I'll just say Enjoy your beets. They're so good for you. Every vegetable is most nutritious when eaten raw so try Grated Beet Salad



2 Tbsp rice vinegar	juice of ½ lime	Pinch of sugar	coarse salt & pepper
6 Tbsp olive oil	1 lb red beets, grated	½ lb carrots, grated	
½ cup sliced basil leaves	6 Tbsp extra-virgin olive oil	2 Tbsp finely shredded parsley	

Directions: In a large bowl, combine the vinegar, lime juice, sugar, and a large pinch each of salt, and pepper. Whisk to combine. Gradually whisk in oil. Add beets, carrots, basil, and parsley. Toss to combine. Taste and adjust for seasoning.

This is Pesto Week. Before the **basil** freezes, we picked a lot.

Fresh Basil Pesto Recipe

1/3 cup raw pine nuts, almonds, walnuts, pecans or pepitas

2 cups packed fresh basil leaves (part of it can be parsley which keeps the basil from going black)

1/4 cup grated Parmesan cheese. 1 Tbsp lemon juice.

2 cloves garlic, roughly chopped. 1/2 tsp fine sea salt.

1/2 cup extra-virgin olive oil.

Put the vegetables into a food processor and puree. Drizzle oil slowly over the ingredients while the processor is running. Add the cheese and seasonings. Toss with pasta for a quick sauce, dollop over baked potatoes, or spread onto crackers or toasted slices of bread.



The **garlic** and **parsley** are in your tub. You also have **onions**, **carrots** and **celery**. The **cucumbers** are really producing now so we are giving you quite a few. Cucumbers are

low in calories but high in water and several important vitamins and minerals. Eating cucumbers with the peel provides the maximum amount of nutrients. Have you ever tried cucumber and goat cheese grilled sandwiches?



There are **tomatoes** and **cherry tomatoes** as well as **sweet peppers** and **hot peppers**.



Your potatoes this week are

Amarosa. This potato is known for its vibrant red to burgundy hues and holds its color when cooked adding unique shades to dishes. The flesh is firm, dense, and marbled with light pink and red. When cooked, Amarosa fingerling potatoes have a velvety texture with a sweet and creamy flavour. **Garlic Butter**



Roasted Fingerling Potatoes Recipe

1 lb fingerling potatoes

3 tablespoons butter, melted

4 cloves garlic, minced

1/2 tablespoon garlic powder

1/2 teaspoon salt

1 tablespoon chopped parsley

Preheat oven to 400F.

Slice each potato horizontally. Heat up an oven-safe skillet on medium heat. Add the melted butter and saute the garlic. Add the potatoes and stir a few times before adding the garlic powder and salt. Stir to combine well. Transfer the skillet to the oven and



roast for 20 minutes, or until the potatoes turn golden brown, tender and cooked through. Top with the chopped parsley. Serve immediately