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Last Sunday we had the most incredible September weather. We had an excellent turnout for Open Farm Day. It was a pleasure to meet those of you who came out to tour the farm. This is the first year we had Open Farm Day before frost and everything is still growing but they know the end is coming. The trees have been showing their true colours and today is the first day of autumn. We

say goodbye to summer by giving you some **summer savory**, the last of the field **cucumbers** and **summer squash**. The summer savory can be used to make a flavor-popping herb sauce for grilled portobello mushrooms: Chop a whole cup of fresh savory leaves — you can use the tender stalks, too; add a cup of chopped **flatleaf parsley** and a crushed clove of garlic, and cook both very gently in about four tablespoons of butter. After five minutes, add a squeeze of lemon juice, cook another minute or so for it to caramelize a little, and pour over grilled mushrooms just before eating.

The **potatoes** and **onions** have reached a great size and are ready for winter storage. The **peppers** in your tub do not have time to enlarge or turn completely red. Even though they

are pointy, they are not hot. We have been chopping them up and freezing them in zip- lock bags. They are handy for adding to pizzas, omelets or stir fries.

The **kale** loves the cool nights and is thriving. Enjoy it. There will be colourful **tomatoes** and **beets** in your tub. A good opportunity to try the following recipe.



### Roasted Root Vegetables with Tomatoes and Kale

3 to 4 pounds of root vegetables such as parsnips, rutabagas, carrots, potatoes, golden beets, turnips, and celery root, peeled and cut into chunks

1 head of garlic, the cloves separated and peeled

6 Tbs olive oil, divided 3 Tbsp and 3 Tbsp

1 teaspoon Kosher salt

1/2 cup chopped onion

1 heaping tablespoon tomato paste

1 28-ounce can of whole peeled tomatoes

2 cups (packed) of chopped leafy greens such as kale or chard

1 teaspoon Italian seasoning or dried oregano

Black pepper to taste

Tabasco sauce (optional, to taste)

### Method

**1** Preheat oven to 450°F. Into a large roasting pan, mix together the vegetables, garlic, 3 Tbsp olive oil. Sprinkle with salt. Roast for 45 minutes, turning the vegetables over in the pan halfway through cooking.

**2** Meanwhile in a 4 to 5 quart Dutch oven, heat 3 Tbsp of olive oil over medium high heat. When the oil is hot, add the onions and sauté until the edges of the onions just begin to brown. Stir in the tomato paste, and cook a minute longer. Using your hands, tear the canned tomatoes into large pieces as you add them to the pot. Add the remaining liquid from the can into the pot. Stir well. Add the Italian seasoning. Bring to a simmer, then lower the heat to the lowest possible setting. Cover the pot and let cook gently while the root vegetables are roasting.

**3** When the root vegetables are ready (they should be browned on the edges and easily pierced with a fork), remove from the oven. Add chopped leafy greens to the pot of tomatoes. Simmer until the greens are wilted, about 5 minutes. Stir in the root vegetables. Season with salt and pepper to taste. Season with Tabasco to taste if using.



There were no apples this year but we did get pears.

**Pears** are always picked green and allowed to ripen. Keep these out of the fridge and eat them when they are yellow. Do not wait too long since pears rot from the inside first where it isn't noticeable. I've canned them with a sugar syrup, mixed them into a fruit salad or made Pear Crumble.