



781 Hwy 26, St. Francois Xavier, MB R4L 1A2
204 864-3083

annelore@mts.net

www.bluelagoonorganics.com

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Open Farm Day was the last Sunday of Summer. It rained. In true Manitoban spirit, the first visitors came minus raincoats, wearing shorts. They barely got wet when the sun smiled and made its appearance. We were happy to meet some of you and show you where your vegetables come from. The hot weather vegetables are still producing but have slowed down considerably. Some of the regulars in your tub will be no more but there are new things on the horizon that don't demand summer sunshine. No more summer squash but now there is winter squash. This week it is Red Kuri, a hubbard squash.

Full-flavored and sweet, Red Kuri squash is often cooked with butter and herbs. It is an ingredient in a variety of soups, stews and casseroles. It can be made into cakes, quick breads, muffins, cookies, jams and pies with its nutty-tasting flesh. It can be baked, boiled, microwaved, steamed, sautéed or fried. This squash adds sweet flavor and texture to stir-fries. Its seed cavity is ideal for stuffing. **It will keep unrefrigerated for a very long time.**

You have three kinds of **potatoes** again, yellow, pink and blue. They make a colourful potato salad or on a chilly day. They look good roasted together.



There is **Savoy Cabbage** The leaves are deeply crinkled. Their flavour is mild and earthy, and the leaves are tender even when raw.



There are **onions** and **leeks** so this is a perfect time to try Cabbage with Leeks

1 medium green cabbage	3 large leeks
3 tablespoons butter	1/3 cup chicken broth
1 scant teaspoon salt	1/2 tsp black pepper

Trim leeks and slice into 1 to 1 1/2-inch lengths. Cut the rounds into thin strips. Soak in cold water to loosen any soil that may be adhering to them, then rinse well. Cut the cabbage into 6 wedges; remove core pieces. Thinly slice the cabbage wedges crosswise. Toss the drained leeks with the cabbage.

Heat butter over medium heat in a large skillet. Add leeks and cabbage and saute for 8 minutes. Add chicken broth, salt, and pepper and simmer, covered, until the cabbage is cooked but has a little crunchiness.

You have **carrots** and **parsley**. Steam/boil carrots in salted water until fork-tender; drain. In empty saucepan, heat butter over med-high heat until browning and nutty-smelling; remove from heat.

Add drained carrots to the saucepan of browned butter; sprinkle with parsley, tarragon and salt and pepper. Toss to coat well.



peppers and perfect for a snack, especially in a lunchbox.

We've been waiting for the peppers to turn colour all summer and we won't wait any longer. These sweet little bites are **lunch box**



There is another lunch box treat, **celery**. In addition to well-known antioxidants like vitamin C and flavonoids, scientists have now identified at least a dozen other types of antioxidant nutrients in celery. The antioxidant support we get from celery is largely due to its phenolic nutrients that have been shown to help protect us against unwanted oxidative damage to our cells, blood vessels, and organ systems. Who knew?



Something new.. **Ground cherries**, a Polish heirloom with a captivating citrus flavour.. They are sometimes called husk cherries and are similar to Cape Gooseberries.. **Do not refrigerate them.** If they are unpeeled they keep quite well. The simplest way to eat ground cherries is to remove the husk and pop the fruit into your mouth. Raw, chopped ground cherries also taste delicious dropped into pancakes or mixed into salsa. They can be added to salads, Make a simple salad from greens, ground cherries and goat cheese. They make an elegant garnish to gourmet desserts.