



781 Hwy 26 St. Francois Xavier, MB, R4L 1A2

204 864-3083

anelore@mts.net

www.bluelagoonorganics.com

Newsletter #13-17

September 20, 2017



Manitoba paradox. In the blink of an eye, it seemed, the weather turned from 32 degree days to rainy, wind swept days of 14 degrees. The first Open Farm Day on which I had to wear a toque but there has been no killing frost yet. Ah. . . the suspense. Thanks to everyone that came out. It was great to meet some of you for the first time.

It has been raining the last few days, Although there was a lot of noise with thunder and lightning last night, the water comes too little, too late. It makes things unpleasant for digging up **potatoes** though. We have an area that survived the Colorado potato beetles and you are getting some yellow fleshed potatoes in your tub. The broccoli has survived the flea beetles and is recovering. The heads are smaller than before and may be a bit bitter from the heat but is still delicious when cooked.

Roasted Broccoli and Zucchini with Feta and Almonds Servings: 2-3 as a side

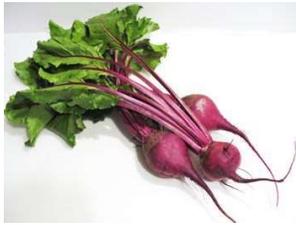
1 head of Broccoli
1/2 cup Feta

2 large Zucchini
1/2 cup of flaked Almonds)

2 tbsp coconut oil
Salt and pepper to taste

Fresh Parsley to serve

Cut the broccoli into smaller florets and slice (or dice) the zucchini. In a large bowl, mix the oil of choice with the broccoli and zucchini. Sprinkle with salt and pepper and place in the oven on 375°F (180°C). Allow to cook for 15 mins before turning the vegetables over and cooking for another 15-20 minutes (or until cooked through). In the last 10 minutes, sprinkle the almonds on to allow them to crisp in the oven. Remove the vegetables from the oven and enjoy.



Yes there is still **summer squash** to use in this recipe and since there hasn't been a hard frost we can still give you **beets with tops** and **carrots with tops**. Five ways to use beet greens are. Add them to smoothies, make chips, stir fry them, pickle them, add them to salads or scrambled eggs.

There is also **celery** in your tub this week.



We are calling this Salsa Week. In your tub you have all the necessary ingredients. **Parsley green peppers, hot peppers, onions tomatoes and coriander,** which is the seed of the

cilantro plant.. You may lay a large chef's knife over the coriander seeds and smash with your fist on the side of the knife or use a mortar and pestle to extract the flavour from the seeds. Chop the parsley and combined, they will replace the cilantro used in recipes.

You don't need to can this. Make Salsa Fresca Cut the cherry tomatoes in half, chop the rest, add lime juice or a dash of flavoured vinegar, salt and pepper. Combine all ingredients into a large bowl. Let it sit for the flavours to blend, cover and refrigerate. Serve with tortilla chips or as a condiment for grilled steak or shrimp.

If you have extra cherry tomatoes, great. One of our members said he eats them like grapes.

