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certified  
**ORGANIC**

**Lagoon**  
by **ECOCERT**  
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Newsletter11-14

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"I can't believe it," said the tourist. "I've been here an entire week and it's done nothing but rain. When do you have summer here?"

"Well, that's hard to say," replied the local. "I believe it was on a Wednesday."

It's raining again...and cold. We're not nearly as delighted as this little cherub was on our lawn last Open Farm Day. We're not nearly as thrilled to dig in the squishy mud as he is and washing the mud off the veggies with a garden hose is a finger numbing experience. Mother Nature is such a tease. The sun is playing hide and seek and even though we haven't had a killing frost yet, summer is definitely over. We're disappointed because some of the produce just didn't finish. It needed more than a Wednesday.

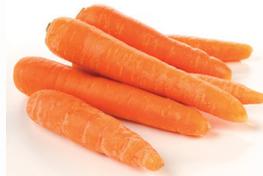
What we do have, we have in abundance. The



**parsley** has been amazing this year. To get the most benefits from parsley you'll need to eat a lot more than that little sprig on your dinner plate at the restaurant. Parsley is super rich in antioxidants that has been proven to enhance heart health and prevent cancer. It's also high in vitamin C that can help prevent free radical damage. It's high in Vitamin K1 which is an important vitamin that helps to coagulate blood. It's also essential for healthy bones. To absorb the most Vitamin K1 from parsley be sure to eat it with some healthy fat like olive oil. Parsley contains a lot of volatile oils that support healthy digestion. These aromatic parts help to reduce gas and bloating and keep digestion moving along at an optimal rate. If you find you have too much parsley, it's easy to freeze for the winter. No blanching is required. You can also dry it by hanging the bunch upside down away from the light.



The **onions** are a good size now and we are including **garlic** for seasoning. There are



**carrots** and celery as well. A tip from one of our very organized members was to chop up these vegetables, mix them and freeze them in bags suitable

for soups and casseroles in the winter. Time spent now is saved later.

The potatoes are Alaska Sweethearts which are pink inside. New this week are leeks, a perfect combination to make Jamie Oliver's



Leek and Potato Soup

2 carrots	2 stalks celery	2 medium onions
400 g leeks	2 cloves garlic	400 g potatoes
olive oil	sea salt	black pepper

2 organic chicken or vegetable stock cubes

Slice the carrots, celery and garlic. Chop the onions. Cut the ends off the leeks, quarter them lengthways, wash them under running water and cut them into 1cm slices.

Place a large pan on a high heat and add 2 tablespoons of olive oil. Add all your chopped and sliced ingredients and mix together with a wooden spoon. Cook for around 10 minutes with the lid askew, until the carrots have softened, but are still holding their shape, and the onions and leeks are lightly golden.

Peel the potatoes and cut them into 1cm dice. Pour 1.8 litres of boiling water over the stock cubes. Stir until they are dissolved, then add to the vegetables. Add your potatoes. Give the soup a good stir and bring to the boil. Reduce the heat and simmer for 10 minutes with the lid on. Remove from the heat. Season with salt and pepper. Serve like this or pulse until smooth in a blender.



The brassica family is represented by kale, perfect for a healthy kale chip snack and Savoy cabbage. Savoury Cabbage Gratin makes a savoury autumn side dish alongside sausages or roast turkey. It's also hearty enough to be a vegetarian main course



accompanied by crusty bread and a salad.

Portion size 6 to 8

1 head savoy cabbage, (about 2 lb)	2 tbsp butter	2 cloves garlic,
1 leek, thinly sliced (white and light green parts only)		1/2 cup vegetable stock
1/2 tsp salt	1/4 tsp pepper	1/4 tsp ground nutmeg
2 tbsp all-purpose flour	1-1/2 cups 10% cream or milk	

**Topping:**

3/4 cup fresh bread crumbs	1/2 cup shredded Gruyère cheese
2 tbsp butter, melted	1 tsp chopped fresh thyme, chives or parsley

Thinly slice cabbage crosswise; set aside.

Melt butter over medium heat; cover and cook leek and garlic, stirring occasionally, until softened but not browned, about 10 minutes. Add cabbage, stock, salt, pepper and nutmeg; cook, covered and stirring occasionally, until wilted, about 15 minutes.

Stir in flour; cook, stirring constantly, for 2 minutes. Stir in cream and bring to boil; reduce heat and simmer until thickened, about 5 minutes. Spread in greased 12-inch (2 L) oval baking dish. Topping: Combine bread crumbs, cheese, butter and thyme; sprinkle over cabbage mixture. **(Make-ahead: Let cool. Cover and refrigerate for up to 24 hours. Bring to room temperature to bake.)** Bake in 400°F (200°C) oven until bubbling and topping is golden, about 20 minutes.



The only squash to ripen this season is Small Wonder **Spaghetti Squash**. Simply cut it in half, scrape out the seeds and bake it cut side down in about an inch of water until it can be pierced with a fork. Remove and separate the flesh into noodles with a fork. Cooked spaghetti squash is usually served with a sauce

or gravy because the flesh is very bland in flavour. It may be served with a meat sauce or alone with the addition of salt, pepper, and butter. A delicious herb butter can be made with:

3 Tbsp butter	1 large clove garlic, minced	1/4 tsp salt
2 tsp chopped fresh sage or fresh basil or fresh parsley		1/4 tsp pepper

Sadly next week is your 15th and last week. Please return your tub and **bring bags** so you can leave your last tub behind.

