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Last Saturday, to celebrate the end of Organic week we were invited to dinner by our certifier, ECOCERT. We were fortunate to be among the Manitoba Ecocert clients chosen to enjoy a wonderful organic meal at Jane's restaurant. Everything was delicious and it was great to talk to other folks who are passionate about the environment.

At our farm every week is organic week and we are sending you some new veggies that have come into season. You will get **leeks** and **potatoes** so you can enjoy **Leek Soup With Dill**

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|-------------------------|----------------------------|
| 3 small leeks | 2 large onions |
| 1/3 cup butter | 1 tbsp Dijon mustard |
| 4 cups chicken broth | nutmeg |
| pinches of white pepper | 1/2 tsp dried dillweed |
| 4 to 6 potatoes | Stilton or Parmesan cheese |

1. Clean leeks by cutting them in half lengthwise. Cut off all tough parts of the green leaves and discard. Separate the remaining leaves and wash under cold running water. Then slice the leeks into 1/2 inch pieces. coarsely chop the onions.

2. Melt the butter in a large heavy-bottomed saucepan. Add the leeks and onions and cook until soft, about 10 minutes. Blend the Dijon into the butter until well mixed. Add the broth and seasonings and bring to a boil. Meanwhile, peel the potatoes and cut then into small cubes. Measure out 4 cups and add to the broth. Cover. Reduce heat and simmer for 30 minutes or until the potatoes are soft.

3. Then, strain the vegetables in a large sieve, reserving the broth. Puree the vegetables in two batches in a food processor or a blender until smooth. Add the puree to the reserved broth and whisk together until blended. Stir in the cream, if using and the fresh dill and heat until piping hot. Taste and add more nutmeg, if you like. To serve, spoon soup into bowls and crumble the Stilton or sprinkle the Parmesan over top.

You have a salsa theme in your tub. **parsley, peppers, onions, tomatoes** and **coriander** (which is mature cilantro) You have green **sweet peppers** as well as **hot peppers**, everything you need to make

REALLY, REALLY GOOD SALSA

3 cups chopped tomatoes 1/2 cup chopped green bell pepper 1 cup onion, diced
1/4 cup minced fresh cilantro 2 tablespoons fresh lime juice 1/2 teaspoon ground cumin
1/2 teaspoon kosher salt 1/2 teaspoon ground black pepper
4 teaspoons chopped fresh jalapeno pepper (including seeds)

Stir all ingredients together. Refrigerate. Best to let marinate overnight. But several hours will suffice, if you can't wait to dig in! Serve chilled.



There are **carrots** and **beets**, the vegetable sweets as well as **kale**, and **celery** for a super snack. The herb of the week is basil. We picked it yesterday and whatever was left froze overnight. It is a delightful herb that pairs well with tomatoes. Last night we had a wonderful meal of spaghetti squash. The variety in your tub is called Small wonder and each squash serves 2 people. We give you two.

Lasagna Style Spaghetti Squash

1 spaghetti squash

1 lb Italian sausage or any choice of meat
2 cups of your favourite pasta sauce
2 tablespoons fresh basil
½ cup ricotta cheese or cottage cheese
½ cup shredded mozzarella cheese (plus extra for topping)
salt & pepper

Pre-heat oven to 400 degrees. Wash spaghetti squash, cut off stem and slice squash lengthwise. Scoop out the seeds and gunk and place cut side down in a baking dish with a little water in the bottom of the dish. Roast for 45-60 minutes, depending on squash size, or until inside is soft and easily “fluffs” with a fork. It will look like very tiny spaghetti noodles... hence the name.

While squash is roasting, brown Italian sausage (I used ground beef) in large skillet over medium heat. Remove meat from the pan drain and set aside. Add sauce to the pan and simmer. Add the meat back into the sauce.

In a bowl, combine the ricotta, (I used cottage cheese) mozzarella, and fresh basil. Set aside.

When squash is tender, remove from oven and using a fork, scoop, fluff, flake, scrape, whatever you'd like to call it, to get the inside of the squash to look like spaghetti noodles. You don't have to get at ALL of the squash, you can scoop more later when you get to the bottom after it's been filled and you're enjoying it for dinner.

Now we FILL THEM! Start with a scoop of the red sauce, followed by a layer of the cheese mixture, (you can add extra mozzarella on each layer too!) and repeat the layers until you've over filled your squash, ending with a layer of red sauce and then topping them with mozzarella. Totally over fill these suckers. Turn the oven to broil and put them back in to brown up the cheesy top.

If you have more people than you have squash halves, after they are roasted, scrape everything out of the shells into a casserole and add your fillings.



