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Newsletter #14-16

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**To Autumn**  
**John Keats,**  
**1795 - 1821**

*Season of mists  
and mellow  
fruitfulness,  
Close bosom-  
friend of the  
maturing sun;  
Conspiring with  
him how to load  
and bless  
With fruit the  
vines that round  
the thatch-eves  
run;  
To bend with  
apples the  
moss'd cottage-  
trees,  
And fill all fruit  
with ripeness to  
the core.*

In high school my favourite poet was John Keats. In autumn all of nature brings out the artist. Last week Cole and Alexa, came out and wrote our name in colourful autumn fruit. Cole took this picture from the roof of the garage. Quite the photographer. Lagoon is no longer intact since a lot of those **squash** are in your tubs this week. You will have 3 different types of winter squash which will keep for a long time in a cool dry place.



Gete Okosomin



Butternut



Butternut



Small Wonder Spaghetti Squash

There are so many things you can do with squash from soup to main course to side dish, to dessert.

This week there is cone shaped **cabbage** which is an excellent source of antioxidants and vitamin C. It can be used to make coleslaw and lend texture to mixed green salads This cabbage pairs well with bright citrus flavours, vinegars and vinaigrettes.



There are 3 pounds of various **potatoes**. This week you get the smaller ones which parboil so quickly and taste so delicious browned in butter and sprinkled with **parsley**.



There are **carrots** of sizes. I like to add a bit of honey when I am cooking

different colours and them.

We had Cream of celery soup for lunch today. It's great to come in out of the wind to a hot bowl of soup.

2 cups finely minced celery and leaves	1 small onion, chopped	3 Tbsp. butter
1 tsp salt and pepper to taste	3 Tbsp. flour	3 cups milk
Chopped parsley	1 cup water	

Cook celery and onion in 1 cup water until tender. Melt butter and blend in flour. Then add milk and cook, stirring until thickened. Add cooked celery with liquid. Heat gently, then season to taste with salt and pepper.

There are **leeks** as well as **onions** in your tub and German Winter **thyme** which is a good seasoning for vegetables.

There are so many green **peppers** on the plants but they were flirting with Jack Frost again last night so we are giving you a bag of mixed sweet peppers for your veggie snacks.

Our turkeys are now in the freezer. Since they were out on pasture they ate a lot of alfalfa and not as much grain as caged birds so they didn't grow as large. Our largest birds are 15 pounds. These organic birds had healthy livers, a beautiful colour with no fat. Some are being sold this weekend. If you want a turkey from us this fall, please let us know quickly as they are going fast. They are \$5.00/ lb

