



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

anelore@mts.net

www.bluelagoonorganics.com

Newsletter 14-17

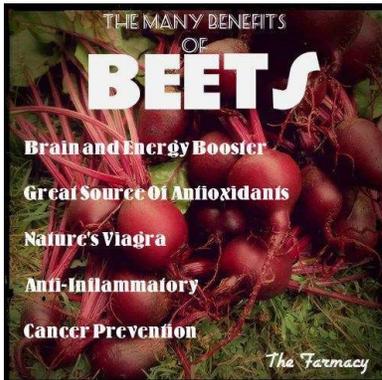
September 27, 2017



This is the week of the **pears**. I'm glad Jake is hanging around to help us pick them. Pears are always picked green. Then, unfortunately, they ripen all at once so this is the week to share them. Eat them when they have yellowish hue. Pears are a very good source of vitamin C and vitamin K. These are Manitoba pears and are quite tart. Because of the drought conditions this summer, they are very small. The year our fish pond leaked and fed the tree's thirst all summer, they were as large as the pears at the supermarket. I have canned them in the past and they are very good. I've also made pear crumble. You can serve pears with goat or blue cheese for a delightful dessert. Core pears, and poach in apple juice or wine. I know that you are very talented cooks so if you can send me a recipe on how to use these pears, there will be a **surprise** in your next tub. The next tub is the last tub for 15

weekers.

There are **onions** in your tub as well as **potatoes** and **carrots**. Some of the carrots may be purple and that's a good thing because, while orange carrots have beta carotene which is good for your eye and heart health, your purple fruits and vegetables have phytonutrients that boost your immune system. Another colourful vegetable in your tub is **Swiss chard** which is incredibly important for your bone health among other things.



How to eat it? Chard goes great with grilled steaks and chicken, and it also works well as a bed for pan-seared fish. Wash and dry a bunch of Swiss chard, and then chop the leaves and stems into 1-inch pieces. Heat a tablespoon of olive oil in a large sauté pan or wok, and add two garlic cloves that you've peeled and lightly crushed. When the oil smokes lightly, add the chard. Sauté for 5 to 7 minutes, until the leaves wilt and the stems are tender. Remove the garlic cloves and season the chard with salt and pepper.



The **beets** are also different colours and varieties for all the nutritional benefits that different colours provide.

The green **peppers** in your tub are small but they are sweet picnic peppers. They need more summer to turn red. We have been blessed with an abundance of **cherry tomatoes** so you are getting 5 lbs. They make an awesome tomato sauce. No need to peel them.



Directions Combine cherry tomatoes, oil, garlic, and salt in a saucepan over medium-low heat. Pour chicken broth into tomato mixture; bring to a simmer and cook until tomatoes start to collapse and burst, about 10 minutes. ... Puree tomato mixture with an immersion blender until sauce is smooth. If you don't want to add chicken broth, just mash them with a fork for a chunky sauce. There are still slicing **cucumbers** for you from our greenhouse. The herbs this week are **parsley** and **dill**. This popular herb does not contain cholesterol and is very low in calories. Nonetheless, it holds many antioxidants, vitamins like niacin, pyridoxine, etc., and dietary fibers, which help in controlling blood cholesterol levels. Because it has such a unique taste, a small amount of dill can go a long way, which is why dill is so good to use as a garnish. Dill is also good in salads.



Last night we had our favourite **spaghetti squash** meal.

Lasagna Spaghetti Squash.

After I roasted the squash halves upside down in a pan of water, (1 inch deep) I separated the strings with a fork. I fried ground beef and mixed it with my favourite pasta sauce. (cherry tomato sauce) Then I layered it with beef, ricotta cheese, shredded mozzarella, beef, and extra mozzarella on top. I placed it under the broiler to melt the cheese. I sprinkled it with chopped basil. You can also use

parsley. So-o-o good.



Last, but not least is **celeriac** or celery root. This ugly duckling has a distinct, refreshing flavor reminiscent of a cross between celery and parsley. The green stalks that sprout from the root aren't for snacking -- they're more pungent and not as crisp as regular celery -- but are wonderful simmered in soup or stock. Celery root stores well at cool temperatures.

Potato and Celery Root Mash

2 1/2 pounds potatoes, peeled and cut into large chunks

1 large celeriac peeled and cut into 1-inch cubes

3 cloves garlic, peeled

1/4 cup extra virgin olive oil

Approximately 1/2 cup milk

2 Tbsp. minced fresh chives

1/2 tsp salt, or more, to taste

Freshly ground black pepper

Preparation

Place the celery root and potatoes in a large pot and cover well with water. Bring to a boil, then reduce heat and simmer until vegetables are all tender, about 20 minutes. Drain, return to pan and shake



over high heat for 30 seconds to evaporate the moisture. Put through a ricer (or mash with a potato masher). Continue to mash as you add the oil, then the milk, adding the liquid gradually until you get the texture you prefer. Stir in chives, salt, and pepper.

