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Newsletter 15-17

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Happy Thanksgiving.

In spite of losing some crops to weather and insect, we are thankful for the bounty our farm did provide that we can share with you. There is a sampling of some of our **tomatoes**. Sliced, they will make a colourful plate. Don't be afraid to eat the green zebras. When there is a yellow tinge to them, they are ripe and delicious. There is enough **kale** to make a bowl of kale chips..I will use that as an appetizer this



weekend , served with some of our favourite cheese, Brie or Camembert. We are celebrating peppers this week because they haven't frozen yet. You are getting **hot peppers** as well as **sweet** lunchbox **peppers** which are still green. Enjoy them any way you would use green peppers. The hot peppers are Hungarian Hot Wax. They are mildly hot. Try Baked Cheese Stuffed Hungarian Wax Peppers

6 Hungarian Wax Peppers ¼ c. grated Parmesan ½ t. salt
 1 clove garlic, minced 8 oz. cottage cheese or ricotta 1 lg. egg, beaten
 1 t. chopped fresh parsley or dill Cooking spray or vegetable oil

Cut tops off peppers (set aside) and slice the peppers down one side. With a small spoon or knife, remove seeds and pith (membranes). Preheat oven to 350 degrees. In a food processor, blend all ingredients, except oil, until well combined. Do not over blend. Stuff peppers with cheese mixture. Place tops back on. Line a baking sheet with foil and spray lightly with cooking spray. Place peppers in a single layer on pan. Lightly brush with oil or spray with cooking spray. Bake 35-45 minutes, until golden and the cheese is melted and bubbly.

There are **onions, celery, potatoes** and **carrots** in your tub. The parsley this week is **root parsley**. You can use both the tops and the root. Try parsley root baked in a gratin, pan-fried in fritters, or deep-fried as chips. It pairs well with other roots and tubers too, so try them roasted, mashed, or puréed together. Add parsley root to soups and stews.

The **cabbage** this week has savoyed leaves, a perfect time to try Company Cabbage

4 c coarsely shredded green or Savoy cabbage
 2 tsp chicken bouillon ½ cup shredded carrots
 ¼ cup chopped celery ¼ cup sliced green onion
 ½ tsp dried dillweed (or 1½ tsp fresh)
 3 Tbsp chopped pecans 1 Tbsp melted butter
 ½ tsp prepared mustard ⅛ tsp pepper



Directions In large saucepan, heat ⅓ cup water over medium-high; add chicken bouillon, stirring until dissolved. Add cabbage, carrots, celery root, green onions and dillweed, stirring to combine. Cook, covered, for about 5 minutes, stirring slightly, until tender. Be sure not to overcook the greens so they don't turn mushy. Stir together pecans, butter, mustard and pepper. Pour over cabbage mixture; tossing to combine.

Serves 6

You have **beets**. To roast them, preheat oven to 375 degrees F. Coat beets lightly with oil. Wrap beets in aluminum foil, place on a baking sheet, and roast in the oven until cooked through, approximately 45 to 60 minutes. Remove from the oven, let cool for 10 minutes, and then slip off the skins under cold water. Slice into 1/4-inch thick slices. And enjoy.

There is a sugar pie **pumpkin** in your tub, perfect for pumpkin pie ore any pumpkin dessert. Cut off the top as you would for a jack o'lantern, scoop out the seeds and stringy insides. Replace the top and bake on a cookie sheet until tender. Peel off the skin (so easy now) and mash the flesh in a food processor. Use for your recipe and freeze the extra. For your Thanksgiving bird, we have included a bouquet of **poultry herb**. Don't need it this weekend? Hang it up and dry it for your next poultry feast.

It is time to say goodbye for the season to all the 15 weekers. We are thankful that we were able to grow for you and hope to serve you again next year.

The 20 weekers will hear from us the next week to give you our biweekly schedule.

Enjoy the Thanksgiving weekend with good food, family and friends.