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Newsletter 16-17

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We knew it was coming. It always does but still we hope it will not be tonight but sometime in the future. Unfortunately we were caught off guard and Jack Frost blew in while we were sleeping. He blew his irresistible kiss of death to any tender crops left standing above ground. There was no frost on the pumpkins because they had been safely tucked into the greenhouse This week you are getting some Kabocha **Squash** which is very sweet and has a chestnut-texture

that's similar to a sweet potato crossed with a pumpkin. Full of beta carotene, iron, vitamins, and other good stuff, kabocha is also extremely good for you.

Kale Salad with Kabocha Squash + Maple Dijon Dressing

- 1 small kabocha squash, cut into bite-sized pieces
- 2 Tbsp olive oil, divided 1/2 tsp sea salt, divided
- 1/2 tsp ground pepper, divided juice from 1/2 lemon
- large bunch curly kale, ribs removed + chopped fine
- 1 Tbsp dijon mustard 1 Tbsp milk



1/2 Tbsp maple syrup
1/4 cup pomegranate seeds 1/4 cup shelled pumpkin seeds

Drizzle half the olive oil, and sprinkle half the salt and pepper onto the cut kabocha squash. Toss to coat well and roast at 450 degrees for 20 minutes or until golden brown, flipping half-way. While the squash is roasting massage your kale with the remaining olive oil, salt, pepper and lemon juice and set aside. Whisk together the dijon mustard, milk and maple syrup, and set aside. When the squash is done roasting toss it with the kale. Plate it with the pomegranate and pumpkin seeds and drizzle the

dressing on top.

Yes there is **kale** in your tub as well as **onions, parsley, tomatoes and celery**. This **celery** is small but has great flavour. It was perfect for my Cream of Celery Soup.

2 cups finely sliced celery and leaves ½ small onion, chopped
3 Tbsp butter 3 Tbsp flour
3 cups milk 1 tsp salt & pepper to taste
Chopped parsley

Cook celery and onion in 1 cup water until tender. Melt butter and blend in flour. Add milk and cook, stirring till thickened. Add cooked celery with liquid. Heat gently and add seasonings. Sprinkle with parsley.

The **green peppers** can be chopped up and frozen for adding to stir fries, fritatas etc. This week you get **leeks**. These mild cousins of the onions and garlic are among the world's healthiest food. I've always just made Leek & Potato soup but you can also use them as a vegetable side dish.



Buttered Leeks

The day before you want to serve this dish, cut the leeks from top to root and wash thoroughly under cold running water. Thinly slice them on the diagonal and put into plastic bags and chill until ready to cook. To serve, put a large pan



over medium heat, add butter and let it melt over the base of the pan. Add the leeks and plenty of seasoning and stir to coat in the butter. Turn the heat down to low, cover the pan and cook the leeks gently for about 15 minutes, stirring half way through until they are tender. Serve with extra butter and a sprinkling of thyme.

We dug some up on the weekend so there are **potatoes** in your tub. The root crops have lost their tops to Jack Frost but the roots are in good shape. You get **carrots** and **beets** this week. Stefan made a raw beet salad for Thanksgiving dinner. The beets were cut very thin on a mandoline. It tasted as good as it looked. The fruit in your tubs is **ground cherry** or husk



cherry. It stores well in its papery husk and is good eaten fresh or used as a garnish. They are slightly sweet and tropical, a taste difficult to describe but we love them as a snack since they travel well in a pocket.

Your preserve this week is **cucumber relish**. Enjoy it

on any dish where you would normally use relish and try something new. I add a spoonful to egg salad. It adds some zip.

Last but not least is your **chicken**. This bird has been raised on pasture. Roast it until the drumsticks move freely and enjoy the taste of chicken as it was meant to be.

End your meal with **lemon balm** tea which is loaded with antioxidants.

