



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

anelore@mts.net

www.bluelagoonorganics.com

Newsletter #16-18a

October 11, 2018



We are all having trouble with the October weather. Even the birds are confused. We are eagerly waiting for a day dry enough to plant our garlic and dig potatoes, carrots and a lot of other roots. The snow is always tormenting us but we have managed to fill your tubs. In the greenhouse we still have **zucchini** and **tomatoes** growing. Keeping them warm in your tubs is more of a problem. We have reached into the winter storage container to give you



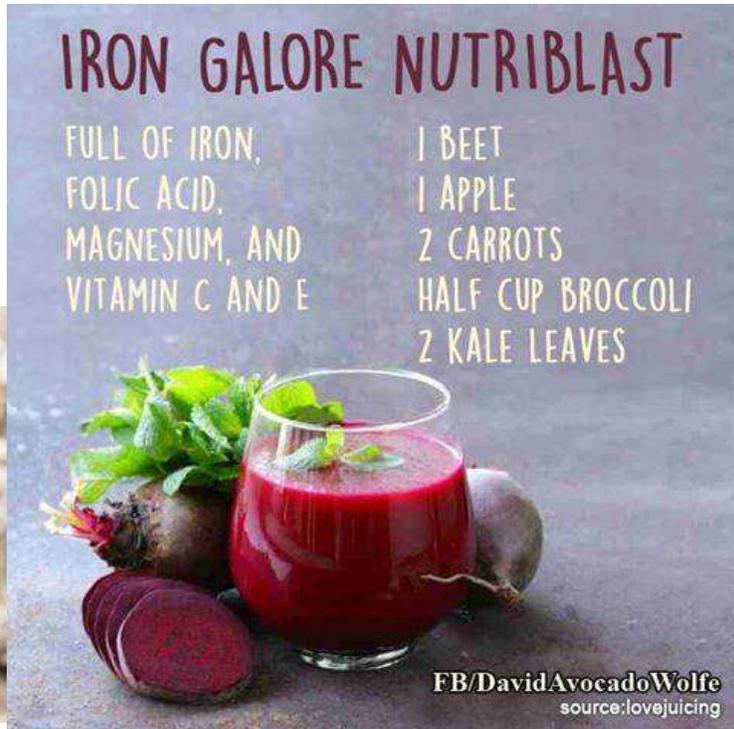
some **apples**. They are not

crabapples but are very small for lack of rain. Still delicious snacks. Speaking of snacks, there are still some **picnic peppers**. They didn't have time to ripen on the vine but are still good as green peppers. You also have **onions** and **garlic**.



Since the dawn of agriculture, humans have been unwillingly nourishing insects by growing plants that they then devour. Their mandibles consume somewhere between 10 and 20 percent of crops produced around the world. And these losses are likely to grow as the world slowly warms. Since we don't use pesticides we need a plan B. This year was hot and dry so the cabbage looper did a number on our **cabbage**. This has left the heads very small but you get several. The brassicas (broccoli, cauliflower etc) all suffered this way so to compensate, we reached into our cupboard and are giving you some **pickled cauliflower**.

The **beets** which were situated on a main waterline did very well. We don't have kale for you this week but the deer are loving the top leaves of our kalettes and Brussels sprouts so we picked them for you to use as kale. Kalettes are the product of years of



breeding work that began with crosses between Brussels sprouts and kale. Besides the **kalette and Brussels sprout tops** Your greens this week are **root parsley** and **Swiss chard**. Give Swiss chard an extra nutritional boost. Make Swiss Chard Patties

½ cup cooked Swiss chard	1 cup bread crumbs	¼ cup parmesan cheese
1 egg, slightly beaten	Salt & Pepper to taste	1 cup olive oil

Drain chopped, cooked chard well. Mix thoroughly with crumbs and cheese. Add egg and seasonings. Shape into 3 inch patties about ½ inch thick. Fry in hot oil until golden brown on both sides.



Kudos to Stefan who is out there digging potatoes and carrots and washing them in nearly freezing temperatures. Therefore you have **carrots** and **potatoes** in your tubs.

Last but not least there is a roasting chicken. There will be a chicken in your tub for the next 5 deliveries. We



can't predict the weather and will deliver later than usual but if you leave a cooler outside we can put your chicken into it. Sometimes there will be a risk of your chicken thawing and sometime a risk of your vegetables freezing.