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**ORGANIC**

**Lagoon**  
by **ECOCERT**  
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Newsletter 16-15

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What wild weather we had on Thanksgiving Day. The wind picked up the chicken tractor and dumped it into the dugout. We are thankful there were no chickens in it. Jake and Stefan planted garlic in that fierce wind. Yesterday was a beautiful day and they mulched it with alfalfa hay and tucked it into



bed for the winter. You will have some **garlic** from this year's crop

in your tubs this week.

One of the **chickens** that was no longer in the ill fated tractor will be in your tub this week. It is frozen



when it arrives at your home so if you are not home, **please be sure to put a cooler out** for it to keep it frozen till you come home. Roast these chickens a little longer since they led an active life and used their muscles.

There will be celery hearts in your tub for the last time. Celery keeps very

well in the fridge. It can be successfully frozen for futures use in soups, stews and stir fries.





Carrots are a vegetable staple. These carrots are a good size to be juiced, sliced, chunked or julienned. If they are picked after a frost they are sweeter.



The lightest thing in your tub this week is the **parsley**. It is one of the few things that hasn't been killed by frost. The heaviest thing is a squash called marina di Chioggia, a squash named after Chioggia, a seaport near Venice, Italy. The rich, sweet flesh is a deep yellow orange, delicious baked or in pies. It stores very well in a cool dry spot.

### **Marina di Chioggia Squash Soup with Chickpeas**      Serves 8

Roasting squash in the oven before incorporating it in the soup concentrates its flavour and adds a wonderfully intense caramelized aroma. Simply cut the squash in two or four, depending on its size, remove its seeds and filaments with a grapefruit spoon and place it, cut side down, on a cookie sheet covered in parchment paper or aluminum foil and roast at 375 degrees F (190 C) for 45 to 90 minutes, depending on the variety, size and degree of maturity of the squash, or until the tip of a knife slips easily into the flesh. The appearance of a bit of liquid on the cookie sheet is often a sign that the squash is cooked. Allow to cool slightly, then scoop flesh out and puree in a blender or food processor.



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|-------------------------------------|----------------------|---|
| 2 Tbsp (30 mL) olive oil            | 1 large onion, diced |   |
| 2 garlic cloves, crushed,           | 2 tsp cumin, ground  |   |
| 1 can chickpeas, drained and rinsed |                      |   |
| 6 cups chicken bouillon             | Salt and pepper      | 2 cups pureed Marina di Chioggia squash |

For garnish, plain Greek yoghurt, liquid red pepper, to taste, and fresh cilantro or fresh mint

In a large pot over medium heat, heat the oil and saute the onion for 3 or 4 minutes, stirring occasionally, until the onion is transparent. Add the garlic and the cumin and cook for 30 seconds, stirring constantly. Add the chickpeas and the chicken bouillon. Add salt and pepper and bring to a boil, then turn heat down and cook for about 15 minutes. Add the squash puree and cook another 10 minutes. Puree in blender or food processor or with a hand-held immersion blender. Add more bouillon, if necessary, to thin the mixture out.

There are **potatoes** and **onions** as well but the surprise treat is **frozen melon**. Frozen cantaloupe chunks are an ideal snack for folks fighting sore throats or colds. Frozen cantaloupe provides a low-calorie, nutrient-rich snack or dessert. It's packed with Vitamins A and C, has nearly zero fat, and contains antioxidant and anti-inflammatory compounds. It's a terrific addition to iced teas or mineral water and creates flavourful smoothies and sorbet. You can also blend it to create traditional or virgin daiquiris or margaritas.



