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Autumn's last hurrah. The north wind does blow and soon we'll have snow and what will the pastured chickens do then, poor things? Stefan carried over 200 sleeping meat birds from the chicken tractors into the hoop house last night and the laying hen coop is being moved into the yard today. We dug up the last of the potatoes today but carrots are still in the ground. We are having a race with the deer to see who will get them first. There'll be no frost on the **pumpkins** since they are secure under a roof and there will be one on your tub this week.

What are these strange looking vegetables? Little **Brussels**

**Sprouts**? You are getting the whole stalk. Pick the little sprouts off the stem and steam them or boil them in beef broth. Season with melted butter and parmesan cheese.



up to 1 week. There is some small **celery** in your tub. It is without leaves but great to chop into stir fries, egg or chicken salads and soups.

Root vegetables this week are **beets**, **carrots** and **potatoes**.



You are getting **tomatoes** and a lot of **green peppers**. The peppers are small because they are little lunchbox peppers. They are not hot. There are enough that you can chop them up and

freeze them for later to use in any recipe that calls for green peppers. They don't need to be blanched. I use mine in quesadillas, omelets and various other things.

There are **onions** and **cabbage** in your tub

Unstuffed Cabbage Casserole is every bit as good as cabbage rolls but half the work.

2 pounds cabbage, roughly chopped	1 pound ground beef	1/4 cup water
2 tablespoons olive oil	1 large onion, chopped	4 cloves garlic
2 Tbsp plus 1/2 cup tomato paste	1/2 cup tomatoes, diced	1 cup rice
1 and 1/2 tsp salt	1 tsp black pepper	1 tsp dried mint
1 lemon, squeezed	3/4 cup water	1 tsp cayenne pepper

A handful of chopped parsley

Chop the cabbage roughly and blanch in boiling water, for about 5-10 minutes.

Heat a pan on medium heat and add ground beef with 1/4 cup water. Cook and press out the chunks. Cover the pan and cook until there is little water left.

Add olive oil, onion, garlic and cook stirring for 5-10 minutes. Add in 2 tablespoons tomato paste and 1/2 cup chopped tomatoes. Stir well. Add in rice and stir.

Season with salt, black pepper and dried mint.

Add in the chopped and blanched cabbage in the pan. Pour lemon juice over it. Stir well.

Add chopped parsley on it, pour 3/4 cup water and cover the pan. Cook it over the lowest heat until water is absorbed and rice is cooked, for 15-20 minutes.

Preheat oven to 350F (175C). Add cayenne pepper and add 1/2 cup tomato paste into the pan, stir and transfer it to a casserole pan that is lightly brushed with oil. Bake for 40 minutes.

Your herbs this week are **sage** and **parsley**. We have been impressed with the parsley's resistance to frost but it has no resistance to the deer that visit us with regularity. The strong flavour of **sage** means that a little goes a long



way, especially if you're using dried leaves, so use sparingly.

Sage goes well with pork, beef, duck and chicken

recipes, and fatty meats in particular. Try it with your **chicken**.



#### Herb Roasted Chicken with Lemon and Sage Yield Serves 4

1 (3- to 3 1/2-pound) whole chicken, patted dry with paper towels	1 lemon, thinly sliced
1/2 cup extra-virgin olive oil	2 tsp kosher salt and black pepper
1 bunch of fresh sage leaves (about 1/2 cup)	3 celery stalks, cut crosswise into thirds,
3 medium carrots, halved crosswise, optional	1 large onion, peeled and cut into large chunks,

Put the chicken in a large bowl. Add the oil, lemon, and sage; toss well. Cover tightly and transfer to the refrigerator to marinate for 24 hours.

The next day, let the chicken stand at room temperature for 30 minutes while the oven preheats to 450°F. Sprinkle the chicken inside and out with the seasoning. Remove the lemon slices and sage from the marinade and stuff them inside the chicken cavity.

Scatter the carrots, celery, and onion, over the bottom of a roasting pan. Pour just enough water into the pan to cover the bottom. Arrange the chicken, breast side up, on top of the vegetables. Transfer the pan to the center oven rack; roast for 20 minutes.

Baste with the pan juices, and continue roasting, basting once or twice, for 25 minutes more (if the chicken is not golden brown all over at this point, continue to cook for 10 more minutes). Reduce the heat to 325°F. Finish roasting, without basting, until an instant-read thermometer inserted in the thickest part of the thigh reads 165°F, 20 to 25 minutes longer. Let the chicken stand for 5 minutes before carving. Serve with the pan juices and vegetables.

Your preserve this week is **pickled purple cauliflower**.