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Many of our friends are snowbirds, heading south for the winter but we are not. We stay on the farm all year, tending to our birds. We have our last batch of meat birds in the freezer. Let us know if you want some. We are working hard to keep the laying hens comfortable inside. They miss the pasture. We must keep their water from freezing and pick up the eggs more often.

Stefan picked **Brussels sprouts** and **kalettes** in the snow because the frost makes them sweeter. Kalettes are kale sprouts that grow on kale stems like Brussels sprouts. You also get the leafy **kalette tops** and **Brussels sprout tops** to use in salads. Here is an interesting salad recipe I came across to use these sprouts.

Simple Romaine Salad with Blueberries and Apple Cider Vinaigrette Serves 2

1-2 heads romaine hearts, chopped	1 clamshell blueberries	1 cucumber, sliced
Kale sprouts or Brussels sprouts	1 avocado, diced	green olives
(optional) ½ lb ground pork, cooked and seasoned with salt, pepper and garlic powder		



Dressing

¼ cup olive oil	1-2 Tbsp apple cider vinegar
1-2 tsp honey	2-2 tsp Dijon mustard
Garlic powder to taste	Salt and pepper to taste

Directions: Combine the salad ingredients in a bowl. Whisk the dressing ingredients and drizzle over the salad before serving.

Use the leafy kale tops and Brussels sprouts tops as you would in a salad or braise them with something sweet like apple or cook them as kale chips or your favourite recipe.

Your squash this week is Red Kuri. It belongs to the Hubbard squash group. It has smooth flesh and a rich, sweet flavour that shines through in pies, soups and side dishes. You can also make Kale and Roasted Red Kuri Salad to use your kale and Brussels sprouts leaves.



1 red kuri squash 2 large bunches kale sea salt
1/3 cup hazelnuts 2 garlic cloves, crushed
1/3 cup tahini 1/3 cup mild white miso coconut oil
1/3 cup dried cranberries Fresh, cracked pepper
3 Tbsp minced shallot one large juicy lemon finishing salt

Preheat oven to 350 degrees. Carefully cut the red kuri squash in half, remove all seeds and strings. Cut squash into half moons, toss lightly in coconut oil, sprinkle with sea salt and roast



for 25 - 30 minutes, or until soft.

While squash is roasting, prepare kale by washing and removing stems. Set aside.

Prepare dressing by combining tahini, miso, garlic, shallot and juice from one lemon. Add additional water until dressing reaches a consistency you're pleased with. Should be creamy but still easy to pour.

Rough chop hazelnuts and place in a frying pan over medium heat. Cook until nuts are lightly browned and fragrant. Remove from heat and pan. Set aside.

When squash is almost done roasting, lightly coat frying pan with coconut oil and cook kale in batches over medium low heat until wilted.

On a large serving plate, pile cooked kale, roasted squash, cranberries and hazelnuts. Dress to your preference and top with fresh cracked pepper and finishing salt.

Note: There will be extra squash and extra dressing. Eat them alone together as leftovers or add the squash to other dishes.

The dressing is amazing on so many different things- roasted sweet potatoes, salads, grains etc.

You also have root crops: **potatoes, beets, carrots** and **celeriac** or celery root. Celeriac can be prepared in a variety of ways. You can add it to salads, soup or mashed vegetables

This vegetable can even be prepared as oven fries.

1 large celeriac, peeled and cut into thick chips 3 garlic cloves, roughly chopped
1 teaspoon dried rosemary 1/2 teaspoon black pepper

Spread the cut celeriac chips out over a sheet of baking parchment. Sprinkle with the garlic, rosemary, and black pepper. Preheat oven to 475°F. Bake for 40 minutes, turning halfway.

There are some beautiful **onions** and **garlic** which we rescued from our field. We still have **tomatoes** in the greenhouse and some sweet **peppers** from the field.



Your herb this week is **thyme** which goes well with any cooked vegetable. Dry it for future use.



Your preserve is **pickled carrots**. Enjoy.