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The days are short, dark and gloomy. That's November. Life is a progression but this year went too fast. The pond is frozen. The nights are well below minus ten. We had to bring the ducks and geese into the greenhouse to finish what the turkeys had started; to clean up the frozen tomato plants. The turkeys have graduated to the deep freeze and the water fowl will follow. Our turkeys grew quite large this year. We still have a limited amount. If you want one for Christmas, speak up now. They are \$3.75/lb. There will be a **chicken** in your tub this week. The only greens we could muster up in this winterscape are **Brussels Sprout** and **Kalette tops** "Sprout tops are vitamin-dense, in particular: anti-inflammatory vitamin K, which like calcium, helps build bone density; and vitamin C, which helps strengthen the immune system.

Spicy Stir-fried Sprout Tops serves 1 (easily multiplied)

1 tsp. vegetable oil	1 shallot, thinly sliced
60g Brussels sprouts tops, trimmed and roughly chopped	1/4 tsp. chili flakes
1 tsp. sesame oil	1 garlic clove, minced
2cm cube of ginger, minced	1 Tbs. soy sauce
2 green onions, finely chopped.	

Heat the oil in a non-stick frying pan over medium-high heat. Add the shallot and chili flakes and cook for about 3 minutes, until soft and beginning to brown. Add the sprout tops and cook for 5-7 minutes until greens are wilted and beginning to brown in places. Push to one side of the pan and pour the sesame oil into the cleared space. Add the garlic and ginger and cook in the oil for about 30 seconds, then mix with the



vegetables.

Cook everything for one more minute, then add the soy sauce and stir. Remove from heat and serve with rice or noodles. You have not only the tops but the actual **Brussels Sprouts** and **kalettes**

Roasted Brussels Sprouts and Kale

1 ½ lb(s) Brussels sprouts & kalettes ¼ cup olive oil Zest of 1 lemon
Kosher salt and freshly ground pepper ½ cup pecan halves, toasted and chopped
¼ cup grated Parmesan cheese, plus a chunk of Parmesan, for shaving

Preheat the oven to 400°F Toss Brussels sprouts with 2 Tbsp of the oil and some salt and pepper on a baking sheet. Roast, shaking the baking sheet a couple of times while cooking, until the sprouts are browned in spots and tender, about 20 minutes. Transfer to a bowl, stir in the grated Parmesan and set aside. Toss the kale with the remaining 2 tablespoons olive oil and place on a baking sheet. Roast until the leaves are tender, crisp on the edges and lightly browned, about 10 minutes, then stir with the Brussels sprouts. Garnish with the lemon zest, big shavings of Parmesan and toasted pecans before serving. Eat and serve immediately with rice or noodles, garnishing with the green onions.

There are **onions**, **garlic** and **baby leeks**. Baby leeks are crisp when raw, developing a melting quality when cooked. Baby leeks are entirely edible. They look like a large scallion. The leek is in the same family as garlic and onions, with the difference that the flavour and fragrance are milder. They can be used instead of green onions.

There are **potatoes**, and purple as well as orange **carrots**. You have **celeriac**, called the universal



vegetable because it can be

prepared so many ways: cut it into cubes and roasted in the oven, grated to add some crunch to a slaw or coated in tempura batter and deep-fried. You can even make chips.

1 celeriac 1 tbsp olive oil ½ tsp smoky paprika
coarse sea salt ketchup, to serve (optional)

Set the oven to 390° F convection function (that's important, but if you don't have this function

increase the temperate by 20° C / 70° F) and line a baking tray with a piece of baking paper. Top and tail your celeriac and peel it. Cut the peeled celeriac into sticks Place the celeriac sticks in a large bowl and coat in 1 tbsp of olive oil and smoky paprika. Hold off with salt until the chips have been baked. Place the celeriac chips on the baking tray in a single layer making sure there is a bit of space around each chip. Bake for about 15 minutes. After the time is up, remove the tray from the oven and carefully flip each fry to the other side and bake for another 10 minutes, until the tops are nicely blistered and lightly charred in places. Sprinkle with salt and eat immediately.



There is **parsley root** to add to soups, and **sage** for seasoning.

There are **beets** in your tub. Roasting beets brings out their sweetness making them a tasty addition to scrumptious salad. Add Feta cheese and onions.

For a sweet treat, you have a jar of **rhubarb jam**.