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Newsletter 19-15

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Sunset sure comes early this week although we haven't seen the sun for some time now. The mornings are cold and wet and we finally got the last of the potatoes out on Monday. They are huge...and muddy. There are 10 pounds of yellow fleshed **potatoes** in your tubs this week and 3 lbs of carrots. The carrots have had many frosts and as a result they are crisp and sweet. They are good eaten fresh as well as cooked.



Zesty Carrot Strips

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|-------------------------|-------------------------|-----------|
| carrots, about 6 medium | 1/2 cup water | |
| 1/4 cup butter | 1 chicken bouillon cube | |
| 3 medium onions, sliced | 1 Tbsp flour | |
| 1/2 tsp salt | Dash pepper | |
| pinch sugar | 1/4 tsp thyme | 3/4 water |

Peel carrots and cut into thin strips about 2 inches long. Heat 1/2 cup water to boiling in medium saucepan and add bouillon cube. Stir until cube is dissolved. Add carrots and cook, covered, 10 minutes. Do not drain. Heat butter in skillet while carrots are cooking. add onions and cook, covered 5 minutes, shaking the pan so onions don't stick. Remove cover and stir in flour, salt, pepper, sugar and thyme. Remove from heat and add 3/4 cup water all at once. Return to moderate heat and cook, stirring constantly, until boiling, thickened and smooth. Add carrots and their cooking liquid and simmer, uncovered, until carrots are tender, about 5 minutes. (serves 4 - 6)

There are some good sized **beets** and **celeriac** in your tub as well. We are adding a **Hungarian hot wax pepper** and some fresh **mint** to add to the following recipe.

This is a good opportunity to make a **Celeriac and Beet Salad.**

1 large carrot peeled
1 beetroot, trimmed, peeled
½ large celeriac trimmed, peeled
1 large handful of fresh mint leaves, finely chopped
1 red bird's-eye chilli, seeds removed (optional), finely chopped
juice of 1 lemon
a few good glugs of extra virgin olive oil
fine sea salt and freshly ground black pepper, to taste.

Instructions

Finely shred the carrot, beetroot and celeriac using a mandolin, grater or food processor. Combine the vegetables in a bowl (add the beetroot at the end if you don't want it to colour everything with its juices). Add the mint and chilli, and toss well to combine. Dress with the lemon juice and olive oil. Season really well with the salt and pepper. Serve immediately.

Frozen food is your **chicken** and **green beans**. **PLEASE LEAVE YOUR COOLERS OUT.**

Your herbs this week are fresh **parsley** and dried **summer savory**. After I roast a chicken I always boil the bones with bits of meat clinging to them. And any left over gravy. I add onions, carrots, celery, parsley, summer savory and salt. Sometimes I add a chicken bouillon cube to the strained stock. There are **onions** in your tub as well.



Your **squash** this week is a hubbard., either Red Kuri or Blue Ballet. It stores well in a cool room.

New this week is **purple kale**. It improves with frost so Stefan just picked it today. it has a milder taste than the kale you've been used to. It has thicker leaves and is best cooked.

Your treat this week to warm you up is a bottle of Stefan's hot sauce.

HEALTH BENEFITS OF BEETS

- wonderful source of iron
- immunity booster
- anti cancer
- contain sodium, magnesium, calcium, iron and phosphorus
- contain folic acid
- contain vitamins A and C and niacin
- protect against heart disease
- treat and cure boils, and abscesses
- heal acne.
- cleanse the colon
- cleanse the blood
- strengthen the gall bladder and liver



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