



781 Hwy 26 St. Francois Xavier, MB, R4L 1A2
204 864-3083

anelore@mts.net

www.bluelagoonorganics.com

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We're still at it... gathering our winter food. The potatoes are all in, the carrots are all in. Some greens are still outside. Maybe they survived Jack Frost's kiss of death. Maybe not. We are now busy insulating a container to hold the bountiful harvest and keep it from freezing.

We are giving you cut squash this week. This cannot be stored and forgotten and you can be assured of its ripeness. Perhaps a whole squash is intimidating to use. I cooked a pumpkin last night and

got 20 cups of puree for the freezer. This winter we will have something made of pumpkin every week and there is so much to choose from. **Squashes** and pumpkins are low calorie as well as nutritious. They can be used for drinks, jams, salads, main course, side dishes and desserts. How useful is that?



Roasted butternut Squash

- 1 butternut squash, peeled and roughly cubed
- Freshly cracked black pepper
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- 2 tsps finely chopped fresh herbs, like thyme, rosemary, or sage
- Extra-virgin olive oil
- Kosher salt
- Honey or maple syrup, to taste

Preheat the oven to 400°F. Toss the butternut squash cubes with a generous drizzling of olive oil, a large pinch of salt, pepper, herbs, and maple syrup (if using) on a baking sheet. Spread out in a single even layer, and roast for 30 to 45 minutes, or until the squash is fork-tender and lightly browned.

New this week is **Marina di Chioggia** It is known for its highly warted skin which is covered in bumps known as "sugar warts" which are created from the buildup of extra sugars in the squash's skin and flesh. It can be used wherever traditional pumpkin is

called for. To cook it can be halved or cut into sections then baked, steamed, grilled, or roasted. The skin can be removed prior to cooking or after when the squash is softened and easier to peel. Cooked squash can be added to risotto, soups, sauces, and stews. Diced and roasted squash will complement warm salads, pasta preparations, or can be used as a topping for flatbreads. When cooked and pureed the Marina di Chioggia makes an ideal filling for ravioli and tortellini or can be added to gnocchi batter. It is also known to be an excellent dessert pumpkin and can be used in pies, tarts, muffins and quick breads. Its flavor pairs well with kale, onion, garlic, rosemary, basil, pine nuts, raisins, cinnamon, coriander, mustard powder, vinegar, sea salt, olive oil, and parmesan cheese. It can even be used for



Apple Butter Pumpkin Pie.

1 c. apple butter	1 c. pumpkin puree	½ c. brown sugar
½ tsp. salt	¾ tsp. cinnamon	¾ tsp. nutmeg
13 tsp. ginger	3 eggs	¾ c. evaporated milk
1 unbaked pie shell	1 egg white	Whipped cream

Adjust oven rack to lowest position. Preheat oven to 425°F. Combine apple butter, pumpkin, brown sugar, salt and spices in a bowl. Stir in eggs. Gradually add milk and mix well, using electric mixer. Brush pie shell with egg white, coating lightly; discard remaining egg white.

Pierce holes in bottom of crust with a fork. Pour apple-butter mixture into prepared pie shell; bake 15 minutes, then lower oven temperature to 350°F. Bake 35 minutes more until center is slightly puffed and jiggles a little bit when pan is tapped.

Cool until still slightly warm on wire rack. Serve with whipped cream and a dusting of cinnamon, if desired.

A jar of **apple butter** is in your tub and we're adding a bottle of **hot sauce** to spice up your meals. Other winter vegetables are **potatoes, onions, carrots** and **celeriac**. We've done a lot of roasted roots lately by drizzling with olive oil, seasonings and roasting all of them together. Such an easy vegetable dish. It's great when garnished with **parsley**.

Very new are **kalettes** and **Brussels sprouts**. We had to wait for them to mature and Stefan is freezing his hands as he picks them in the cold. Kalerttes are tiny kale flowers which can be roasted or steamed. While out there we found some more small **purple cauliflower** and it is in your tub.



Enjoy your chicken

