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Newsletter #19-17

November 22, 2017

Meteorologists predict a colder winter with more snowfall than usual because of El Nina. The prairies are getting the worst of it, as usual. The snow is good news since we need to raise the water table in the ground. The snowmen are doing very well with the current temperatures. We are still going to the St. Norbert Farmer's market every other Saturday, working with vegetables in storage. We have invested in two storage containers which act as root cellars above ground. Consequently you are getting a lot of roots. This week you have **potatoes** in your tub again. The yellow fleshed variety survived the



potato beetles more than the others. Potatoes are a good source of several vitamins and minerals, including potassium, vitamin C, folate, and vitamin B6. They are best when cooked with the skin.

Beets are such healthy vegetables we should eat them often. They are easier cooked with skins on since they bleed and stain your



hands if you peel them. Once they are cooked, just hold them under the cold water tap and rub the skins off. Baked Beets serves 3-6
3 medium beets, scrubbed olive oil

Preheat oven to 375 degrees F. Coat beets lightly with oil. Wrap beets in aluminum foil, place on a baking sheet, and roast in the oven until cooked through, approximately 45 to 60 minutes. Remove from the oven, let cool for 10 minutes, and then peel and slice into 1/4-inch thick slices.

The other roots in your tub are **carrots**. If you have a juicer, a beet and carrot combination makes a very tasty and healthy drink. They are the candy of the vegetable world.



From the Brassica family there are **Brussels sprouts** as well as **cabbage**.

Cheesy Brussels Sprouts

2 cups Brussels sprouts
 1 cup celery, diced
 2 tbsp butter
 2 Tbsp flour
 ¼ tsp salt
 1/8 tsp pepper
 1 cup milk
 ½ cup shredded cheddar cheese
 Directions

Cook Brussels

sprouts until tender. Drain, add diced celery, cover and set aside. In a small saucepan, melt butter. Stir in flour, salt and pepper. Once bubbling, remove from heat and stir in milk all at once. Return to heat and cook, stirring constantly until thickened. Mix in cheese and stir until melted. Heat thoroughly and stir Brussels sprouts into cheese sauce.

We put some **cooking celery** into your tub that can be used in this recipe.

Our **onions** turned out beautiful this year since we got them planted early. For long term storage, don't store them with your potatoes as the ethylene gas they emit will cause the potatoes to sprout. There is some **garlic** in your tub as well. We can't keep greens in storage very long so we froze some **green beans** for you while they were

abundant.

Since American Thanksgiving is coming up, I see **pumpkin** recipes everywhere. It's always a good time for pumpkin. Members of the Chippewa tribe near Lake Superior have been enjoying this savory side dish for generations. **Baked Pumpkin**

1 small pumpkin 1/4 cup apple cider 1/4 cup maple syrup 1/4 cup melted butter

Instructions:

Put the entire pumpkin in your oven and bake at 350 °F for about two hours. Cut the baked pumpkin in half and scoop out the strings and seeds from inside and discard or roast the

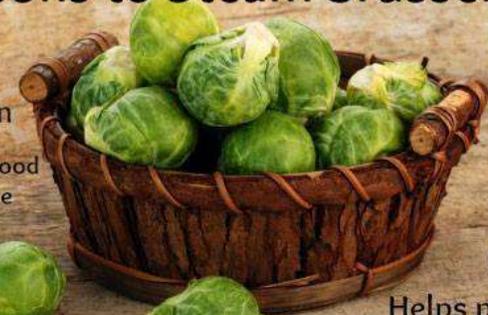


seeds. Spread the pulp into a casserole dish. Mix the remaining ingredients in a bowl and pour over the pumpkin. Bake for another 35 minutes. Your pumpkin is a Rouge Vif d'Etamps, sometimes called a Cinderella pumpkin because it looks like her carriage. It

has a lot of flavour. Tall Grass Prairie Bakery buys it to make their pumpkin pies, pumpkin breads, cookies and muffins. I do too but I use most of it to make Curried Pumpkin Soup.

Your **tomatoes** this week come in the form of **puree**. Enjoy.

12 Reasons to Steam Brussel Sprouts



Prevents Constipation		Lowers Cholesterol
Helps reverse blood vessel damage		Lowers blood pressure
High in Vitamin K		Helps prevent cancer
Fights Inflammation		Full of antioxidants
Promotes healthy bones		Good source of fiber
Maintains low blood sugar		Good source of potassium



