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Newsletter #19-18

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Dear  
Mother Nature,  
get back  
on your meds,  
pop open a  
bottle of wine,  
and start  
thinking warm,  
happy  
thoughts....



It's not fun anymore. The chickens are still going outside but it's a job to supply them with water that isn't frozen. We have to pick up the eggs more often so they don't become frozen. As the temperatures drop and the days become shorter, the egg production drops. The Ameraucanas are using their energy to keep warm and there are very few blue eggs now. Quite often our fingers are blue from working in the cold.

Some of the baby carrots had to stay in the ground because the damp soil is frozen around them. We were fortunate to get our potatoes out. At first they weren't ready and then it was too wet. Then it froze. Many potato farmers had to leave acres of them in the ground. Manitoba lost 8% of its crop and the east coast lost more than that so you can

expect potato shortages and higher prices this winter. With California going up in smoke, where will our winter food come from? We grow as many vegetable varieties as we can, but Mother Nature is very limiting with our growing season. We no longer have greens and are now giving you root vegetables which are winter keepers. **Brussels Sprouts** are the greenest things we have. They are sweeter than the ones from warm climates because they have been kissed by Jack Frost. I love Brussels Sprouts. My favourite way is to cook them with grapes. I also like Lemony Brussels Sprouts

1 lb Brussels Sprouts      2 Tbsp lemon juice  
2 tbsp melted butter      ¼ tsp salt  
2 tsp grated lemon peel    ¼ tsp Lemon-pepper  
¼ cup toasted sliced almonds

Cook Brussels sprouts until tender and drain. Stir in the butter, lemon juice lemon peel, salt and lemon-pepper. Sprinkle with almonds.





I can't say enough about the health benefits of **beets**. Long distance runners have been proven to run five per cent faster after eating beets. We have a good supply of them so Stefan pickled some for you. They are very fresh and taste best after a few weeks. When flavours have a chance to blend they just get better and better. In the United Empire Emirates, they add pickled beets to hamburgers. It's worth a try.

You also have **carrots**. Some of them are purple. Why? The Dutch were primarily known as carrot farmers. And they grew carrots in the traditional hues of



purple, yellow, and white. In the 17th century, a strain of carrot was developed that contained higher amounts of beta carotene -- the first orange carrot. Dutch carrot farmers started growing the new orange carrots in honor of William of Orange, who founded the Dutch Republic and the traditional, more colorful carrots, were tossed aside for these newly fashionable orange carrots. We are bringing them back because purple carrots contain higher amounts of phenolics (especially anthocyanins) and show higher antioxidant capacity than their orange and yellow counterparts. There are the usual



**onions** and **garlic** for flavourings. We still have **parsley root** which is an interesting side dish. Slice the *parsley roots* into thin rounds (3-4 mm). Heat the butter and oil in a pan over medium heat, taking care not to let them burn. Add the *parsley roots*, then cook 3-4 min uncovered, stirring frequently. Reduce the heat to 'low', add salt, cover and cook until the *parsley roots* are soft, about 10 min.

There is more **celeriac** for you. It keeps so well in the fridge. Stefan is washing **potatoes**. Some will be in your tub as well

as **red and green cabbage** to make an interesting slaw. If you want to feel like it's summer, defy Mother nature and make Summer Coleslaw.

1/2 cup vanilla ice cream	1/4 cup mayonnaise	1 tsp prepared mustard
1/4 tsp salt	dash of pepper	2 cups shredded green cabbage
1 cup shredded red cabbage	1 medium shredded carrot	

In a large bowl, combine ice cream, mayonnaise, mustard, salt and pepper until smooth. Add cabbage and carrot. Mix well. Cover and chill for at least 1 hour. Serves 4

New this week are **parsnips**. This versatile root vegetable is more than just a carrot's pale cousin.

#### Glazed Parsnips

1 pound parsnips	1/2 cup dry white wine
1/2 cup vegetable stock	1 Tbsp butter
2 tsp brown sugar	1/4 tsp kosher salt
1/4 tsp pepper	1 tsp thyme leaves

Cut parsnips diagonally into 1/2-inch-thick slices. Combine parsnips, wine, and stock in a skillet; bring to a boil. Partially cover; reduce heat, and simmer 8 minutes or until liquid is reduced to 1/4 cup. Add



butter, sugar, salt, and pepper; cook 1 minute, stirring. Stir in thyme. And last but not least, there's a **chicken**.