



781 Hwy 26, St. Francois Xavier. MB R4L 1A2

204 864-3083

[anelore@mts.net](mailto:anelore@mts.net)

[www.bluelagoonorganics.com](http://www.bluelagoonorganics.com)

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The meat birds are out on pasture in their chicken tractors. They get new forage every day as well as their organic grain rations. The first picture is day 1 and the second picture is day 2. It shows that they have eaten all the alfalfa and scratched and tilled, preparing the land for next year's garden. Every day they are moved to a new salad bar. They have to be contained to protect them from predators such as coyotes, skunks and weasels, to name the few we've encountered.



These are the chickens some of you will be eating this winter.



The weather this year is very unpredictable. Peas are the cool weather crop and should be ready first but we are still waiting for them to plump up while the field tomatoes are already turning colour. If we



are able to put sugar snap peas in your tub, it will be a pleasant surprise to all of us but you will get some tasty **tomatoes** for sure.

There will be **cucumbers** from the greenhouse. And more **garlic scapes**. To use garlic scapes: simply mince and add them raw to salads if you like a pungent garlic taste or toss by the handful into stir-fries. You have enough scapes to make **pasta with garlic scape pesto**. The pesto recipe was in last week's newsletter. If you can't find it, look on our website under newsletters. To make the pasta, in a large pot of heavily salted boiling water, cook the spaghetti until al dente. Reserve 1 cup of the pasta-cooking water, then drain the pasta. Whisk together 2/3 cup of the pesto and the reserved pasta water and toss with the pasta. Season with salt and pepper to taste and serve right away.

The hot days we had this week have finished the **head lettuce** for a while as it is starting to bolt but there is still some for you this week. We had 4 inches of rain coming down hard the last two days so it is quite muddy. Drop it into the sink with water and let the mud settle to the bottom. Spin dry and store in the fridge. Don't put the bags into the fridge without washing and drying them first. You also have spring **onions** and **parsley** for your salad.

Other herbs are **chamomile** and **lemon balm**. Lemon balm is known as the happy herb since it aids in soothing the nervous system. Chamomile is well-known for its calming properties and is perfect for relaxing before bed and any other time of anxiety or restlessness. Steep 2 parts lemon balm and 1 part chamomile (buds as well as flowers) Add a little bit of honey to sweeten and enjoy pleasant dreams.

