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It's that time of year again. A feast in the field. At the end of a hot day there is nothing like eating the results of the work of your hands and celebrating the sustainable feast. Stefan is the chef and he has grilled the chicken to golden perfection. The salad and first fruits of the field are freshly picked and the

meal ended with rhubarb sorbet. It makes the hot sweaty day worthwhile.

We renovated the rhubarb plants last year (divided) to increase our supply so we can't pick as much until the plant builds new strength. This week we made the rhubarb pick



go farther by making you a jar of **jam**.

The herb of the week is **lovage**, a wonderful, very old herb. Its unique flavor, is a combination of strong celery flavour with a hint of anise. It lends a wonderful flavour to soups, stews, stocks, salads, meat, potato and tomato dishes. You can use it much like you would celery or parsley, but with a lighter hand since it does have a stronger flavour. Substitute lovage leaves for celery leaves or chopped celery in most recipes. The other herbs in your tub are **parsley** and **basil**.

**SWEET BASIL**  
(OCIMUM BASILICUM)

*The Pharmacy*

Can Be Used To Treat:

- \*Stomach Cramps
- \*Nausea
- \*Fever
- \*Headaches
- \*Uterine Cramping
- \*Coughs
- \*A Wide Variety Of Digestive Problems

In addition to being a rich source of vitamin K, beta carotene, and iron, sweet basil is known to harness anti-bacterial, anti-inflammatory, and anti-oxidant properties.

**BENEFITS:**

- Improves Circulation
- Increases Immune Function
- Reduced Inflammation
- Reduces The Oxidation Of Cholesterol
- Protects The Heart
- Detoxifies The Blood
- May Help Control Blood Sugar Levels

Source: NaruralSociety.com

Who knew that this delicious herb used in many Italian dishes is actually medicinal? Consider making fresh basil a staple in your diet and regularly add to salads, home-made pesto, guacamole, green smoothies, and even

fruits like strawberries and bananas. This week is the last week of **lettuce** for a while. Lettuce does not like heat. We have new lettuce coming along in a few weeks. To go with the salad this week there are **radishes, green onions, and cucumber**. You can also throw in some parsley and basil.



**Garlic scapes** are the flower bud of the garlic plant. Scapes taste just like garlic. You can use them anywhere you'd use regular garlic. Chop them up and use them in your salad dressing. Add them to frittata or scrambled eggs.

The **kale** is ready to enjoy. Kale is a superfood. It is among the most nutritious vegetables you can eat, containing an incredible amount of nutrients. One of my favourite ways to eat kale is Kale Chips These



Kale Chips These crispy kale chips are addictive. For a little spicy kick, add a pinch of cayenne pepper along with the paprika.

- 6 cups torn stemmed kale
- 2 teaspoons olive oil
- 1 pinch salt
- 1 pinch sweet paprika

Strip the leaves from the stems and tear into bite sized pieces. Toss together kale, oil, salt and paprika; arrange in single layer on parchment paper-lined baking sheet. Bake in 350°F (180°C) oven until crisp and dark green, 12 to 15 minutes.