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Newsletter # 20-17

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Tw was a few weeks before Christmas and all through the farm only the chickens were stirring by trying to keep warm.

The veggies and spuds were in tubs, stored with care, In the hopes that Jack Frost would not find them in there.

The garlic was nestled all snug in its bed With mountains of straw to cover its head.

Stefan was finishing tomato puree while Hudson, his dog, had called it a day. When out

in the yard there arose such a clatter that Hudson leaped up to see what was the matter. The moon on the breast of the new fallen snow, gave the lustre of new day to objects below. Then what to their wondering eyes should appear? The biggest jackrabbit and 3 or 4 deer. They briefly glanced at the window aglow and proceeded to eat the kale, covered with snow.

They never stop grazing. At least they didn't get the tomato puree. This week your tomatoes are in two forms, **puree** and dehydrated. The **dehydrated tomatoes** are good to eat as a snack or reconstituted in soups. You can also grind them up and sprinkle them on salads or mix them into the dressing. Our friend from Italy says he likes to soak them in olive oil sprinkle them with dry basil and eat them in a sandwich. You have **onions** and **garlic**. I made my husband very happy this week by making the onion soup he's been asking for.. French Onion Soup



Cheese 2 Tbsp flour ¼ cup butter 3 cups thinly sliced onions
1 ½ tsp salt 4 cups beef broth or stock or beef bouillon

Combine butter and onions in a skillet. Cover and cook slowly for about 15 minutes. Blend in salt and flour. Add beef broth and heat to boiling. Reduce heat and simmer

about 1 hour. When serving, you can float toasted French bread on top and sprinkle with cheese. or serve it in onion soup bowls so you can pop it into the oven to make the cheese melt.



You will get a random selection of **squash** or pumpkins in your tub. The top row is buttercup and spaghetti squash. The bottom row is red kuri hubbard, New England pie pumpkin and jamboree pumpkin

. Roasting Method

Cut in half and seed squash. Place the squash halves, cut-side up, on a rimmed baking sheet. Rub the flesh with softened butter or oil,



season with salt and pepper, and drizzle with brown sugar, maple syrup, or orange juice. Flip the squash over and roast them for 40 to 45 minutes in a preheated 400 degrees F (200 degrees C) oven. Roast the squash until the skin is blistered, browned, and the flesh is tender. Insert a fork or knife under the skin to test that the flesh is tender. When the squash has cooled the skin should peel off easily.

Roasting squash helps to maintain squash's delicate flavour. Once roasted and cooled, there are a lot of cooking options available. One option is to mash the squash and use it in any recipe calling for squash purée. Roasted squash freezes extremely well and reheats easily. Don't be afraid to roast several squash at once and freeze it to use later.

You have **carrots** and **beets**. There are so many health benefits of eating beets, the new health slogan should be 'A beet a day keeps the doctor away'. Beets are a great source of energy because they are rich in carbohydrates. But unlike fast foods which are also high in carbohydrates, beets will fuel your body throughout the day. It's not uncommon for athletes to eat beets before a match to enhance their endurance. If you're unusually low on energy in the mornings try a glass of beet juice instead of coffee and feel what a difference a drink can make. Juice one apple and one beet. Enjoy.

There are **potatoes** and **celeriac** both can be used for oven fries or boiled and mashed together for an interesting side dish.

The greens are **cabbage** and **herbs**. Stewed cabbage is not always the most appealing vegetable, but braised cabbage is absolutely worth adding to your meals. Braising ribbons of cabbage in butter and wine steams away the flavour of raw cabbage, leaving an entirely new vegetable. It's soft, sweet and juicy - a warm, delicate vegetable for a winter's evening. Dusted with fresh Parmesan it's even better.

The herbs are **sage** and **thyme**. Enjoy them with your roast **chicken**.



This is your last tub for 2017. You can continue to shop with us at the St. Norbert Farmer's market every other Saturday and receive your 25% discount till the end of the year. Your discount will begin again in 2018 when you send your deposit for our CSA.

