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Newsletter 20-18



December 6, 2018
Silent night, Windless night. All is calm, stars are bright. Round the farm the blanket of snow covers the fields where plants used to grow. Although the farm seems to sleep, we are still active and busy. The 20 weeks are finished. This is the last tub of food you will receive from us this season but Stefan will still be at the St. Norbert Farmers' Market on Saturdays from 9:00 am -1:00 pm.

The ugly duckling in your tub is **parsley root**. It is a winter vegetable that can become a swan on your dinner table. Parsley roots can be sliced or cubed and prepared as a cooked vegetable in the same way as carrots, celeriac, parsnips and turnips. The roots become tender in about five minutes, but the flavor is not reduced by lengthy cooking. Use parsley root in soups or stews, combined with carrots, potatoes, turnips, onions or meat. It can be roasted or baked with beef or poultry, sautéed or fried with tofu and added to lentil dishes. Parsley root can be steamed, creamed or puréed, or you can boil parsley root and potatoes to create a flavorful variation on traditional mashed potatoes. Roots also can be dried and used for flavoring.

Buttered parsley root 2 parsley roots 2 ¼ tsp butter 2 tsp olive oil pinch of salt
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's **cabbage** for your coleslaw.

Other winter vegetables in your tub are **parsnips, carrots, celeriac, red and golden**

beets. These will last for a long time in your fridge and can all be roasted together with the **onions, garlic,** olive oil and seasonings. You can add the parsley root as well as **potatoes and onions.**

The potatoes in your tub are a mixture of Russet (white flesh) and Amarosa (red flesh).We were fortunate to be able to harvest our potatoes. Apparently 8% of Manitoba's potatoes remained in the field and even more in PEI and the east coast.

We were not fortunate with our fennel. The deer loved it so much they ate all the sizeable bulbs. The rest lived long enough to go to seed without making bulbs. We decided to share what we have.

Fennel seed is used in five-spice powder, and is a regular addition in other spice blends to be used as dry rubs for meat and fish. Fennel seeds add a subtle fragrant sweetness in sausage, marinara sauce, homemade bread and cookies According to herbalists, Fennel seed is an effective aid to digestion. It can help the smooth muscles of the



gastrointestinal system relax and reduce gas, bloating, and stomach cramps. It can be brewed as tea. We have given you a package of **fennel seeds** as well as one of **ground fennel seed.** Experiment with it. I did, using both forms of the seed and I am sending you a dozen



fennel flavoured shortbread cookies

Stefan made you two bottles of **hot sauce.** The yellow is hotter than the red.

Of course there is your chicken but this, you'll have to cook for yourself.

There are many more chickens available in our freezer. First come first serve.



Happy eating throughout the holidays and we wish you a very Merry Christmas and all the best in the New Year.

