



781 Hwy 26, St. Francois Xavier, MB
 (204)864-3083
 annelore@mts.net
 www.bluelagoonorganics.com

Oh deer. We survived the flood but now we have a new threat. Perhaps the deer have found refuge in numbers on our farm. While picking raspberries we heard what sounded like a loud sneeze, over and over again. We looked and saw a young buck in the tall grass at the edge of the thicket. Apparently, bucks produce a *grunt-snort-wheeze* pattern, unique to each animal, that asserts its dominance, aggression and hostility. This buck stared us down and would not leave for a full minute, asserting his right to the territory.... our territory.. Then it flounced off waving it's white tail.



Deer are fascinating to watch, such beauty grace.....and stealth. I understand that many people in Winnipeg enjoy feeding them. I hope you do, because they ate your broccoli and cauliflower. We had a few years of respite when we put up the Lee Valley deer fence and planted a whole field of alfalfa. Although food is plentiful, these deer have gourmet tastes. They don't just eat a whole plant. They eat the heart out of a whole row of plants as they move and they move at night. More fence, more deer lights. Where will they strike next?

Last winter they chewed the **raspberry** canes that stuck out of the snow. A plant's response to stress is to reproduce before it dies so it makes fruit with seeds. Now the canes are uncomfortably short but loaded with small berries. They are ripening so fast we don't have enough hands to pick them. This week is probably the most abundant crop of the season so you have two pints in your tub. Each druplet of the berry contains 100 little fruits, each surrounded by pulp and bearing a tiny seed.



This is definitely the last week for **lettuce** till the fall when the new crop kicks in. Other salad ingredients are **parsley, onions** and **cucumber**. Enjoy your salad..



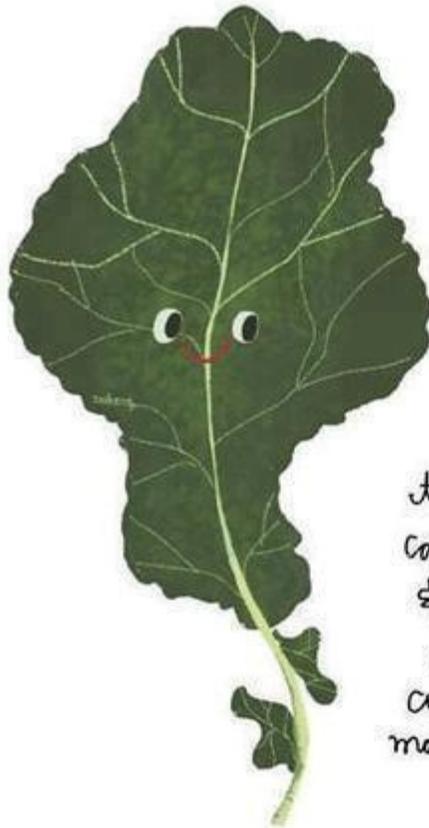
Lettuce does not grow well in the heat but other greens have thrived. The **Swiss chard** is at its best, Chard is two vegetables in one. Cooked chard greens



can stand in for spinach in any recipe, and the crisp ribs can be steamed or grilled like asparagus. Or simply chop and cook the greens and ribs together, squeeze out excess water, and use the cooked chard in casseroles, quiches, or as a succulent side dish. In addition to being an excellent source of vitamins A and C and several minerals, chard's abundance of vitamin K makes it especially valuable for maintaining strong bones.



We are introducing **kale** this week. A few years ago people didn't know what to do with it to make it taste good. Kale chips or crispy kale is the new craze in the kale evolution. Slide the leaves off the stems with your fingers. In a large bowl, massage the broken leaves with olive oil and kosher salt. Spread them on a cookie sheet in a single layer. Bake at 410 degrees for 5 to 10 minutes. Serve them as a side dish or a snack.



my name
is kale.

I am one of the healthiest vegetables on the planet. I have fibers, calcium, vitamin B6, C, K & A. I am also a good source of minerals copper, potassium, iron, manganese and phosphorus.

Last but not least, more wonderful zucchini. Zucchini can be eaten raw, steamed, roasted, or sauteed. Raw zucchini can be spiralized or julienned with a peeler to resemble strands of spaghetti and is a healthy substitute for pasta dishes. Zucchini is also wonderful added to salads, soups, wraps, nori rolls, and stir fry. Celebrate with

Zucchini Chips

1 large zucchini, thinly sliced into rounds

2 tablespoons olive oil

1 teaspoon kosher salt, or to taste

Preheat oven to 225 degrees F (110 degrees C). Line 2 large baking sheets with parchment paper or silicone baking mats.

Place zucchini slices in a single layer on paper towels, cover slices with more paper towels, and gently press to squeeze out as much liquid as possible. Arrange zucchini slices onto the prepared baking sheets, taking care not to overlap slices.

Brush zucchini slices with olive oil and sprinkle lightly with kosher salt.

Bake zucchini slices in the preheated oven until browned and crisp, about 2 hours. Let cool before serving. Store in an airtight container up to 3 days.



