



781 Hwy 26 St. Francois Xavier, MB, R4L 1A2
204 864-3083

anelore@mts.net

www.bluelagoonorganics.com

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About 15 years ago we discovered a large beaver living in one of our dugout, hidden by trees and dense bush. We didn't worry about the trees and joked about the huge notch that had been chewed into a landmark tree. After a spring flood, this lone beaver got company and now there are probably 50 beavers establishing colonies in our four dugouts. The original dugout is visible from a great distance since the trees have been clear cut. Channels have been dug to float them to their lodge and it is

starting to look barren. That bush was our wind protection from the north. How do we get these busy little engineers to relocate? Do you know anyone who wants their land cleared?

We have another sort of busy beaver, 7 this week, that are clearing the planting beds of weeds and mulching with straw to keep the soil moist and deter weeds from growing. The rains of the past week have given the plants a boost and you have **peas** in your tub this week. These are sugar snap peas and don't need to be shelled. They are eaten pod and all.

Snap Peas with Mint
2 tsp olive oil
3 green onions, chopped
1/8 tsp salt
1 Tbsp chopped fresh mint

Original recipe makes 4 servings
3/4 lb sugar snap peas, trimmed
1 clove garlic, chopped
1/8 tsp pepper



Heat oil in a large skillet over medium heat. Add the sugar snap peas, green onion, and garlic. Season with salt and pepper. Stir-fry for 4 minutes, then remove from heat and stir in the mint leaves.

There is wild **mint** in your tub so you are set to try this recipe. We grow 3 different varieties of mint but the he wild mint that grows in our fields has the most flavour. This week your new green is **Swiss chard** which is a nutrient dense green leafy vegetable that is rich in omega-3 fatty acids, vitamins A, C, & K, and minerals such as iron, calcium, and magnesium. Swiss chard is incredibly important for bone health and to help prevent breakage, fractures, and osteoporosis. The stalks are a lot tastier than the leaves, though the leaves have more nutritional value. Separate them anyway since they have different cooking times. It seems that everyone has heard of kale chips. Have you ever tried **Swiss chard chips**? Wash the leaves and leave them pretty large since they shrink in the oven. Dry them really well or they will be soggy rather than crispy. Be sure your oven is pre-heated to 400 degrees. In a large bowl, toss the leaves with the olive oil. You want them lightly coated, If you're using sesame seeds, add them to the bowl and toss them around so the leaves are well-coated. Then lay them out on a baking sheet so they aren't over-lapping and sprinkle them with a bit of salt. Cook at 400 degrees for about 4 minutes. *You can braise the stems and serve them separately.* If you prefer kale chips, you have **kale** as well. There is **cucumber , parsley and onions.**



- cucumber
- Lemon juice
- Olive oil
- Salt and pepper
- Chile powder

Chop cucumber and add lemon juice, olive oil, salt and pepper and chile powder on top



This week we seem to revel in the color red. It has been said that the red pigments aids in heart health and memory. I hope they're right. You have **raspberries, radishes**

and **tomatoes.** The green leafy tops to the radishes are not only edible, but actually contain more vitamin C, protein, and calcium than the radish itself. Radishes and their greens can be juiced for an excellent detoxifying drink that can soothe the digestive tract and cleanse the entire body. Added to salads, sandwiches, wraps, soups, and stews, radishes and their greens can add vibrant flavor and fantastic



nutrition to support your health. Since a dry spring and cold nights have made most of our crops late, we don't expect ripe field **tomatoes** for a while but the tomatoes we babied in the greenhouse have been amazing. There are some in your tub. Enjoy your long weekend.



