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Federal agriculture officials say a drought like the one Manitoba is experiencing happens about once in every 10 to 20 years.

"They just can't buy a drop of rain. It's almost as if nature has forgotten how to precipitate in that area and nothing seems to be on the horizon," said Environment and Climate Change Canada senior climatologist David Phillips.

Although we had a few misty showers today we got nothing like Winnipeg got. The serious rain seemed to stop just west of Headingley. Some of the seeds we planted earlier were no shows. It was too dry for them to germinate. We planted carrots several times and they are finally looking promising. We spend a lot of time on getting water to all the thirsty plants. The vegetables in your tubs are real troopers and deserve a show of hands. There are a lot of salad possibilities this week. You have **lettuce** again. The heads are small but tender. There is a clamshell of assorted **tomatoes**. The clamshell is compostable. It is not plastic but made of corn. The tomatoes are multicoloured, brown, yellow, orange and red. They are all sizes and all delicious.



Basil and tomatoes go so well together and there is some of the tasty green in your tub. Another assortment is the cucumbers. You have lemon **cucumbers**, salt and pepper cucumbers,(white) pickling cucumbers and slicers.



There is garlic as well as **garlic scapes**.

The **garlic** is small because of the dry conditions and is not cured so it will not keep for long periods. Enjoy it now and chop up the greens as well.



There are cooking **onions** and the usual **parsley**. Lets sing the praises of this hardy and abundant herb. Parsley is super rich in antioxidants that have been proven to enhance heart health and prevent cancer. It's also high in vitamin C that can help prevent free radical damage. Vitamin K is an important vitamin that

helps to coagulate blood. It's also essential for healthy bones. To absorb the most Vitamin K1 from parsley be sure to eat it with some healthy fat like olive oil. Parsley contains a lot of volatile oils that support healthy digestion. These aromatic parts help to reduce gas and bloating and keep digestion moving along at an optimal rate. To get the most benefits from parsley you'll need to eat a lot more than that little sprig on your dinner plate at the restaurant. Half your salad should be made of parsley leaves. Try Parsley Pesto.

2 cups tightly-packed parsley leaves
1/2 cup grated parmesan cheese
1/2 teaspoon salt
1 cup extra-virgin olive oil
2 tsp lemon zest

3/4 cup toasted chopped walnuts
3 large cloves garlic
1 teaspoon paprika powder
2 Tbsp fresh lemon juice

Throw everything in a food processor or blender. Blend on high until it forms a smooth consistency.

To go with your salad you have **radishes** and a few Hakurei salad **turnips**.



There are yellow **new potatoes**. Potatoes need a lot of water to bulk up and progress is slow for most of the crop but these little beauties are stepping up to the plate.

You are getting **beets**. These are the beets that got a head start in the greenhouse and were transplanted outside. The rest will take a little longer.



Last but not least, the **green beans** are ready for picking. Green beans contain a wide variety of carotenoids such as lutein and neoxanthin and flavonoids such as quercetin and procyanidins which make them excellent for eye health and for preventing disease. Green beans can be snacked on raw, added to salads or soups, or steamed. Consider trying

fresh green beans drizzled with olive oil, seasoned with your favorite spices, and roasted in the oven for 30 minutes for a healthy alternative to French fries.

