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Newsletter 6-16

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August already? Where has the summer gone? Our Japanese interns have left and at the end of the week Kevin and Hugo, who came from France, will leave. They have been an invaluable help with every aspect of the



farm work. On the bright side are the bright sunny days, the warm temperatures, plant friendly humidity and the new interns that have arrived and those that are still expected. Bean picking takes a good portion of our day right now. The harvest is plentiful and the beans are still tender and delicious. This week you are getting 3 lbs of beans, green, yellow and purple. The purple beans turn dark green when cooked. If you find that is too many beans to eat in a week, make these pickled beans They maintain a nice snap. These don't need to be processed – just keep them in the refrigerator. It takes about half an hour to put these up – faster, even, than a trip to the grocery store!

Dilly Green Beans



3 pounds of green beans
 2 Tbsp dried dill weed (or 1 cup chopped fresh dill)
 4 cloves garlic, sliced 2 cups water
 2 cups white vinegar 2 Tbsp salt
 4 tsp sugar 1 tsp red pepper flakes

Wash and trim the ends from beans. Cook the beans in boiling water for 8-10 minutes, until crisp but tender. Drain in a colander and rinse with cold water to halt the cooking process. Pack beans into glass jars, snug but not too snug (you'll fill 2-3 pint jars, depending on how tightly you pack the beans). Divide the dill and garlic between the jars. Bring the remaining ingredients to a boil. Pour liquid over the beans, using a butter knife to release any air bubbles. Make sure beans are completely submerged, secure the lid, and refrigerate for at least a week before serving.

There is **dill** and **garlic** in your tub. There are also some **garlic scapes** and plenty of **cucumbers**. You might want to make cucumber refrigerator pickles. You can use the dill leaves for cooking or the bean pickles and tuck the dill stalk into a jar of dill pickles.

Overnight Pickles

1 cup cider vinegar 1 3/4 cups sugar
 1 tablespoon salt 1 tsp celery salt
 3 regular cucumbers sliced 3 onions, sliced thinly
 2 Tbsp fresh dill

Mix first 4 ingredients and the dill. add cucumbers and onions, and refrigerate stirring every few hours. ready to eat the next day, keeps for up to 1 month refrigerated.



Another herb in your tub is **cilantro**, an herb with wide delicate lacy green leaves and a pungent flavor. The seed of the cilantro plant is known as coriander. Although cilantro and coriander come from the same plant, their flavors are very different and cannot be substituted for each other. A delicious salad dressing to go with the **lettuce** and **parsley** in your tub is

2 garlic cloves, minced 1 tsp salt 1 cup cilantro, packed
 1 cup parsley, packed 3/4 cup olive oil 1/2 tsp hot pepper sauce
 1/4 cup sherry wine vinegar (you can substitute either red wine or cider vinegar) 1
 pinch sugar



There are new **potatoes** which are also delicious served with dill. **summer squash** and **tomatoes**.

Try stuffing your pattypan and roasting them in the oven.