



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

anelore@mts.net

www.bluelagoonorganics.com

Newsletter 7-16

August 10, 2016



“How sweet it is!” Bees are the hardest workers on our farm. Without them, there we would be missing some of our favourite fruits and vegetables. Without the bees we would have to pollinate by ourselves with a tiny paintbrush from flower to flower. How tedious and we couldn't make honey. It takes about 60,000 bees, collectively traveling up to 55,000 miles and visiting more than 2 million flowers, to gather enough nectar to make one pound of honey. Once the nectar is gathered, the bee stores it in its extra stomach where it mixes with enzymes, and then passes it (via regurgitation) to another bee's mouth. This process is repeated until the nectar becomes partially digested and is then deposited

into a honeycomb. Once there, the honeybees fan the liquid nectar with their wings, helping the water to evaporate and create the thick substance you know as “**honey**.” This honeycomb is then sealed with a liquid secretion from the bee's abdomen, which hardens into beeswax. Doesn't that sound exhausting? Let's hear it for the bees for you have a sweet treat in your tubs today.

To go along with the honey we have included **lemon grass** to be used for tea or lemonade. Stuff it in a tea pot or container, pour boiling water over it and steep. Sweeten with honey and drink hot or iced.

The **beans** have been wonderful producers but are slowing down now so enjoy the 2 pounds of string beans this week. Try making

Green Beans with Sesame.

Heat 1 Tbsp olive oil in a large skillet or wok. Add 1 tbsp sesame seeds. When seeds start to darken, stir in 1 lb green beans cut into 2 inch pieces.

Cook, stirring, until the beans turn bright green.

cup chicken broth, salt and pepper. Cover and cook until beans are tender-crisp, about 10 minutes. Uncover and cook until liquid evaporates.

Your seasonings this week are **onions, parsley, garlic** and **dill**. Any of these will complement the yellow fleshed **potatoes** in your tub.



Pour in $\frac{1}{4}$





You have **cucumbers**. Ever made **Sweet Pickle Relish?**

3 pounds Pickling Cucumbers or 4 lbs of large cucumbers
 1 large sweet onion ¼ cup pickling or Kosher Salt
 3 cups white vinegar ¾ cup sugar
 4 cloves garlic, minced 2 teaspoons dill seed
 2 teaspoons mustard seed 2 teaspoons celery Seed
 ½ teaspoon Turmeric

Slice the cucumber lengthwise and remove the seeds with a spoon. Discard the seeds.

Finely dice the cucumber and onion. **I use my food processor. Don't process too long. Place diced cucumbers and onions in a pot and add the salt. Stir and let sit for 2 hours. Drain cucumber and onion mixture in a strainer until all the liquid is removed. You may have to press the mixture against the strainer to remove hidden moisture. In a medium pot add vinegar, sugar, garlic, dill, celery, mustard seed, and turmeric. Bring to a boil. Add cucumber and onion mixture and return to a boil. Reduce heat to medium low and simmer for 10 minutes. Remove from heat. Cool and store in refrigerator for up to a month or process in water bath for 10 minutes.

There is **summer squash**, a combination of pattypan or zucchini
Easy Zucchini or Pattypan Fritters

1/4 red onion, grated
 1/2 zucchini, grated
 2 tbsp. grated carrot.
 2 eggs

Beat eggs and add remaining ingredients, season for taste. Heat a small non-stick frying pan over medium heat. Spoon 2 x 2 tbsp. of mixture into the pan, leaving room for spreading. Cook for 2 minutes each side. Healthy and delish.



Greens this week are **kale** and **Swiss chard**.



A new vegetable that has made its appearance is **broccoli**. We have left a sizeable stem on it so you can make broccoli slaw. Just peel the tough outer skin and put the peeled stem through food processor'. Add slivered carrots or sliced snow peas.

Broccoli Slaw

1/4 cup plain yogurt	3 tbsp light mayonnaise
1 tbsp cider vinegar	1 tsp Dijon mustard
1/4 tsp granulated sugar	1/4 tsp each salt and pepper
3 cups broccoli slaw	
1/2 cup sliced snow peas	
1/4 cup chopped red onion	

In bowl, whisk together yogurt, mayonnaise, vinegar, mustard, sugar, salt and pepper. Add broccoli slaw, snow peas and red onion. Toss.



Last but not least are **tomatoes**. Tis the season for toasted tomato sandwiches. The tomatoes are best now since the nights are still warm. Enjoy.