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Newsletter 7-17

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Rain at last. Hurray !!! Although it's not pleasant to work in the wet fields, the plants desperately need a shower. It's amazing what the earth has produced during the dry spell. Laura is displaying a large purple cauliflower. Cauliflower does not do well in drought conditions and we have spent a significant amount of time irrigating it. Cauliflower is a nutrient rich vegetable that is excellent for supporting a strong immune system and optimum health. Cauliflower is incredibly high in vitamin C, K, and B-complex and minerals such as boron, calcium, molybdenum, and tryptophan. It is also a good source of high quality protein that is easily assimilated into the body. Cauliflower contains anti-cancer compounds and the colour purple indicated the presence of flavonoids which are powerful antioxidants. We enjoy the rich purple colour on our veggie tray at lunch
You have **cauliflower** as well as **broccoli** in your tub.

Cauliflower and Broccoli Bake makes 8 servings

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| 6 ounces fresh cauliflower | 6 ounces fresh broccoli | 2 tablespoons butter |
| 2 1/2 tablespoons flour | 2 1/2 cups milk | 1 teaspoon dry mustard |
| 1 (8 ounce) package shredded sharp Cheddar cheese | | cayenne pepper to taste |

Directions Preheat oven to 425 degrees F (220 degrees C).

In a medium saucepan with enough water to cover, boil cauliflower and broccoli until tender, about 10 minutes. Drain, and transfer to a medium baking dish.

In a separate medium saucepan over low heat, melt butter, and stir in flour. Gradually whisk in milk, and increase heat to medium. As the mixture thickens, whisk in dry mustard, cayenne pepper, salt and pepper. Continue whisking until a thick sauce has formed, being careful not to allow the mixture to boil. Sprinkle in 2/3 of the cheese, and stir until melted.

Pour sauce over broccoli and cauliflower. Bake in the preheated oven 30 minutes, until bubbly and lightly brown. Sprinkle with remaining cheese during the final 10 minutes of cooking



There are **beets with tops**. Be sure to eat both. Bring a large pot of lightly salted water to a boil. Add the beet greens, and cook uncovered until tender, about 2 minutes. Heat olive oil in a large skillet over medium heat. Stir in minced garlic and red pepper flakes; cook and stir until fragrant, about 1 minute.

There are also **onions, cucumbers, tomatoes, kale** and **cabbage** in your tubs. Any of these would make a good salad but you also have **radishes** so you could try something different.

Zippy Radish Salad

2 cups thinly sliced radishes ½ cup cubed Swiss cheese
 1 garlic clove, minced 2 green onions, thinly sliced ¼ tsp salt
 1 Tbsp. tarragon vinegar ½ tsp Dijon mustard 1/8 tsp pepper
 3 Tbsp. olive oil



In a bowl combine radishes, cheese and onions. In a small bowl, combine garlic, vinegar, mustard, salt and pepper. Whisk in oil until smooth. Pour over radish mixture. Toss to coat. Chill for 2 hours. Serve on a bed of lettuce or kale chips.

There is **summer squash** in your tub. You'll be getting it for a while so why not try making Vegetable Tian (thinly sliced veggies topped with cheese and then roasted)...

1 Tbsp. olive oil 1 medium yellow onion
 1 tsp. minced garlic 1 medium zucchini
 1 medium yellow squash 1 medium potato
 1 medium tomato 1 tsp. dried thyme
 to taste salt & pepper 1 cup shredded Italian cheese



Preheat the oven to 180 (400 degrees f) Finely dice the onion and mince the garlic. Sauté both in a skillet with olive oil until softened (about five minutes). While the onion and garlic are sautéing, thinly slice the rest of the vegetables. Spray the inside of an 8x8 square or round baking dish with non-stick spray. Spread the softened onion and garlic in the bottom of the dish. Place the thinly sliced vegetables in the baking dish vertically, in an alternating pattern. Sprinkle generously with salt, pepper, and thyme. Cover the dish with foil and bake for 30 minutes. Remove the foil, top with cheese and bake for another 15-20 minutes or until the cheese is golden brown

Your fresh herbs this week are **parsley, thyme** and **lemon grass**.



You don't need lemons to make lemonade. We stuff a handful of lemongrass into a large teapot, pour boiling water over it and let it steep. When it is cool we add ice cubes, a bit of sweetener, (honey is good) and drink as iced tea. We like it hot too.

Fresh thyme leaves and flowers lend a sprightly essence to flavouring casseroles, soups, stews, and sautéed vegetables. Chopped fresh or dried and



combined with parsley and bay leaves, thyme is included in the French combination of herbs called bouquet garni, used to season stock, stews, and soups. Eggs, meats, fish, and bean dishes are all enhanced with a sprinkling of thyme..

Have you been eating enough parsley? Besides looking pretty, another reason you find parsley on dinner plates is because it helps to promote digestion. It is an aromatic herb that stimulates digestion and moves stagnant digestion. Ever eat a meal and feel like you have a bowling ball stuck in your stomach? Try parsley!



Parsley helps to modulate inflammation. Excess inflammation in the body is associated with muscle pain, arthritis, and degenerative diseases, including cancer.