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This week it's all about apples. Last year was not an apple year and we barely harvested a handful. This year the trees are loaded. Every neighbourhood should have a crabapple tree as a pollinator for other apple trees. Our crabapple tree is over 40 years old and there was a bumper load this year. My husband loves eating the tart little beauties. Me, not so much so I will be making crabapple jam, crabapple cake, crabapple pancakes, crabapple jelly, crabapple pudding, crabapple pie, crabapple crisp, wine poached crabapple appetizers and crabapple liqueur.

We have put 2 lbs of crabapples in your tubs. Try something that you can spread on your toast in winter.

#### **Easy Homemade Crabapple Jelly**

crabapples

Cinnamon sticks (optional)

Sugar

Wash, stem and quarter the apples and put them in a large pot. (Don't bother to peel or core them.) Add enough water to just cover them and bring to a boil. Cover and simmer for 20-25

minutes until the apples are very soft. Mash the whole lot with a big spoon or potato masher and cook for another few minutes. Spoon the mixture into a colander lined with cheesecloth set over a large bowl or pot, and let the juice drain out, stirring the pulp to extract as much juice as possible.

Measure the resulting juice into a pot and add  $\frac{3}{4}$  cup sugar for every cup of juice.

Bring to a boil over high heat and boil rapidly, stirring often, until the mixture reaches 210°F on a candy thermometer, or until a small amount placed on a cold plate and put into the freezer turns to gel. This should take about 20 minutes.

While it's still hot, pour the jelly into hot jars, adding a cinnamon stick to each jar if you like; skim

off any foam that rises to the top with a spoon, and seal. Process in a hot water bath or store in the fridge.

Your seasonings this week are green **onions**, **garlic**, **parsley** and **summer savory**. There are **beans** again

**Summer Savory and Garlic Green Beans** are the best way to enjoy fresh from the garden green beans.



Ice  
1 1/2 pounds trimmed green beans  
1 Tbsp fresh summer savory removed from stem  
Salt and pepper  
2 tablespoons olive oil  
3 cloves garlic, minced

Fill a large bowl with cold water and ice.

Bring a large pot of water to boil. Once boiling salt liberally and add in green beans. Cook 3 - 4 minutes or just until bright green.

Use a slotted spoon to transfer beans to ice bath to stop cooking process. Once cool, remove and pat dry.

Heat oil in a skillet over medium-high heat. Add beans, cook 3 - 5 minutes or until beans are tender but crisp. Add in garlic and summer savory. Cook just until garlic becomes fragrant, about a minute. Season to taste with salt and pepper and serve.

You have fresh **cabbage** which is low Carb and super delicious!!

1 head green cabbage  
8 tablespoons butter  
salt & pepper  
aluminum foil

#### **Directions**

Cut cabbage in eighths.

Place each piece of cabbage on a piece of aluminum foil large enough to wrap around entire piece of cabbage to leave no openings

Before closing foil add 1 tablespoon of butter to each piece of cabbage and salt and pepper to taste. Wrap in foil, make sure there are no punctures in foil. In lieu of foil, you can use a BBQ friendly container.

Place on grill and let cook for 30 minutes or until tender, not mushy

#### **Baby cucumber**

Lemon juice



Olive oil  
Salt and pepper  
Chile powder  
Chop a baby cucumber and add lemon juice, olive oil, salt and pepper and chile powder on top

There are lovely heads of **broccoli** in your tubs as well as **potatoes** and colourful **tomatoes**. Enjoy.



