



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

[anelore@mts.net](mailto:anelore@mts.net)

[www.bluelagoonorganics.com](http://www.bluelagoonorganics.com)

Newsletter 9-17

August 23, 2017



We didn't see the eclipse in this part of the country but our summer is in eclipse. The heat is gone, most of our interns have gone, warm nights are gone, our first batch of meat chickens have gone to the abatoire and are now waiting in the freezer to be enjoyed.

Anyone interested? The vegetables are still here and are enjoying the showers much more than we are.

A plant's job is to reproduce and when Mother Nature gives it the warning that Jack Frost's visit is in the near future, the plant produces fruit with seeds.

The weeding is less urgent now since our two remaining interns are spending their days harvesting the fruits of our labour. This week we are scaling new heights and picking our **apple** trees. We have varieties called Gemini, Morden Magic, Odyssey,



Norland and Goodland but we're not sure which we put in your box. You are also getting a variety of **cucumbers**. Besides the National pickling and slicers

you may find lemon cucumbers or salt and pepper cucumbers(white) in your tub.

They all taste like cucumbers and would look fantastic on a plate together. Our German and Austrian interns liked their food sweet so here is a German Cucumber Salad

German Cucumber Salad



1 cucumber, sliced very thin  
fresh parsley, finely chopped  
pepper, to taste  
Directions

salt  
1/4 cup lemon juice  
2 Tbsps sugar

Combine all ingredients in a non-metallic bowl. Chill for a minimum of 30 minutes.



Your herbs this week are **parsley, anise hyssop** and **thyme**. You have **beets** as well so it's a fine time to try Roasted Beet Salad With Fennel And Anise Hyssop

Serves 4 as a 1st course or accompaniment to a meal.



Large handful of anise hyssop leaves and flowers (*larger leaves should be torn*) 1 lb heirloom beets, such as red, white, gold, or chioggia varieties

1 bulb of fennel, shaved thin on a mandoline, avoiding the core

2 oz aged goat cheese or blue cheese sliced

Kosher salt and pepper

Virgin sunflower oil, to taste

A few sprigs of fresh thyme

1 small red onion

1/4 tsp sugar

1/4 apple cider vinegar

**Method** Preheat the oven to 375 degrees. Season the beets lightly with some oil, salt and pepper. Wrap the beets and thyme sprigs in aluminum foil then place on a cookie sheet with a roasting rack and roast for 45 minutes, or until the beets are tender when pierced with a paring knife. When the beets are cooked, remove them and cool. When the beets are cool, peel them, then slice 1/4 in thick. Peel and cut the onion in half vertically. Julienne the red onion as thin as possible. Season the thinly sliced onion lightly with the salt, pepper, sugar, vinegar, and 1 tsp of the sunflower oil. Allow the onion to sit for 4-5 minutes to macerate and remove the "raw" flavor, then combine with the sliced fennel and reserve. To serve the salad, arrange a few beet slices on each of four salad plates or arrange them all on a platter family style. Season the sliced beets with salt and pepper, and sunflower oil to taste. Top the beets with the shaved fennel and onion, garnish with the cheese, then scatter the anise hyssop leaves and flowers over the whole thing.



There is a variety of **zucchini** in your tub as well as **broccoli, kale** and **cauliflower**. Once again you get a large **Spanish onion**.

The **beans** are still going strong and there are some in your tub.

Your tomatoes this week are cherries The varieties are from top to bottom, Chocolate Cherry, Indigo Kumquat, Gardener's Delight, Indigo Cherry Drop, Purple Bumblebee, Pink Bumblebee and Sun Sugar. If you don' use them for a snack or toss them into a salad, **Honey-Roasted Cherry Tomatoes** make a good lunch, piled on toast or a

side dish served over rice

1 pound/500g cherry tomatoes

2 garlic cloves

1 tablespoon clear honey

3 tablespoons olive oil

Flaky sea salt and freshly ground black pepper



Preheat the oven to 375°F/190°C. Lightly oil a roasting pan. Halve the tomatoes and place them, cut side up, in the dish. They should fit snugly with little or no space between them. Crush the garlic with a pinch of salt, then beat it with the honey, olive oil, and a good grinding of pepper. Spoon this sticky, garlicky mixture over

the cherry tomatoes. Roast for about 30 minutes, until golden, juicy, and bubbling

