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Mother Nature has not smiled on us this year but we have been blessed with exceptional interns who have been a real encouragement. This week we are sad to say Goodbye to Arthur, a young man from France, who masterminded a new chicken tractor for the meat birds. The tractor is moved every day in search of fresh alfalfa and other vegetation. The drought has left us with slim pickings. It is low to the ground so the wind can't flip it over and it protects them from predators. The partial roof gives them shade. It contains a grain feeder and the 5 gallon pail on top feeds the nipple drippers so they always have clean water. We wish him all the best in his studies of civil engineering.



Another blessing is our Hawaiian Pineapple

tomatoes. You are getting those and **cherry tomatoes.** so you could make my new favourite, Ultimate Caprese Salad

1 pt. mixed cherry tomatoes, halved

7 tablespoons (or more) extra-virgin olive oil, divided
Flaky sea salt

2 pounds mixed medium and large tomatoes, cut into thin slices and/or wedges

8 ounces buffalo mozzarella or mozzarella, room temperature, torn into pieces

Coarsely ground black pepper

Small basil leaves and toasted country bread (for serving)



Toss cherry tomatoes with 1 Tbsp. oil in a small bowl; season with salt. Arrange tomato slices on a platter, slightly overlapping; season generously with salt. Arrange mozzarella over tomatoes; lightly season mozzarella with salt. Spoon cherry tomatoes over salad and drizzle with 6 Tbsp. oil; season with pepper. Let stand 30 minutes to let flavors meld and release juices from tomatoes and mozzarella.

Top salad with basil and additional salt and oil, if desired. Serve with bread alongside.

Yes, you have **basil** and **parsley** as well as **cucumbers** and **summer squash**. For seasoning there are **onions** and **garlic**.

Once again there are **beets** with **tops**. Roast the beets and hold them under cold water to remove the skins. Enjoy the tops. They are a very good source of iron, vitamins B1, B6, and pantothenic acid, as well as phosphorus and protein. They will make an excellent vegetable side dish of Sauteed Beet Greens

1 bundle beet greens	1 cup water	1 clove garlic	1/2 lemon
1 tablespoon olive oil	2 tps butter	salt & pepper to taste	

Instructions

Wash beet greens and separate stems from leaves. Cut stems into 1" pieces. Chop leaves into pieces. Place stems in a large non-stick pan with 1 cup of water. Cover and simmer 4-7 minutes or until fork tender.

Drain. Add garlic, olive oil, salt and pepper. Squeeze the lemon over the greens. Sautee 2-3 minutes or until greens are wilted.



Remove from heat, stir in butter and additional salt & pepper to taste. Serve warm.

It's time to start eating **potatoes** again and you have a multicoloured variety in your tubs. During the low-carb craze, potatoes became Public Food Enemy #1. Carbs with fiber and resistant starch like potatoes provide a host of health benefits, from helping you burn fat and fight disease to improving your insulin sensitivity and boosting gut health. And the list doesn't stop there! If you haven't heard of resistant starch before, it's pretty much what it sounds like. Resistant starch is a type of carbohydrate that *resists* digestion in your small intestine.¹ That means it doesn't cause inflammation-inducing rises in blood glucose or insulin like simple carbs do. Believe it or not, potatoes are actually packed with vitamins and minerals and these potatoes are yummy.



There are **beans**, probably for the last time so we added **Summer Savory** for savory beans...or you could make Martha Stewart's Warm Bean and Potato Salad

1 lb new potatoes	1/2 lb string beans
2 cloves garlic, minced	1 Tbsp olive oil
1-2 Tbsp lemon juice	salt & pepper
4 slices bacon cut into 1/2 inch pieces	

Simmer potatoes in water till tender. Drain and transfer the potatoes and garlic to a skillet with olive oil. Cook & mash slightly till some parts become browned. Transfer to serving plate. In the skillet, cook bacon. Add beans and cook till

tender crisp. Add to potatoes with lemon juice. Season with salt and pepper.