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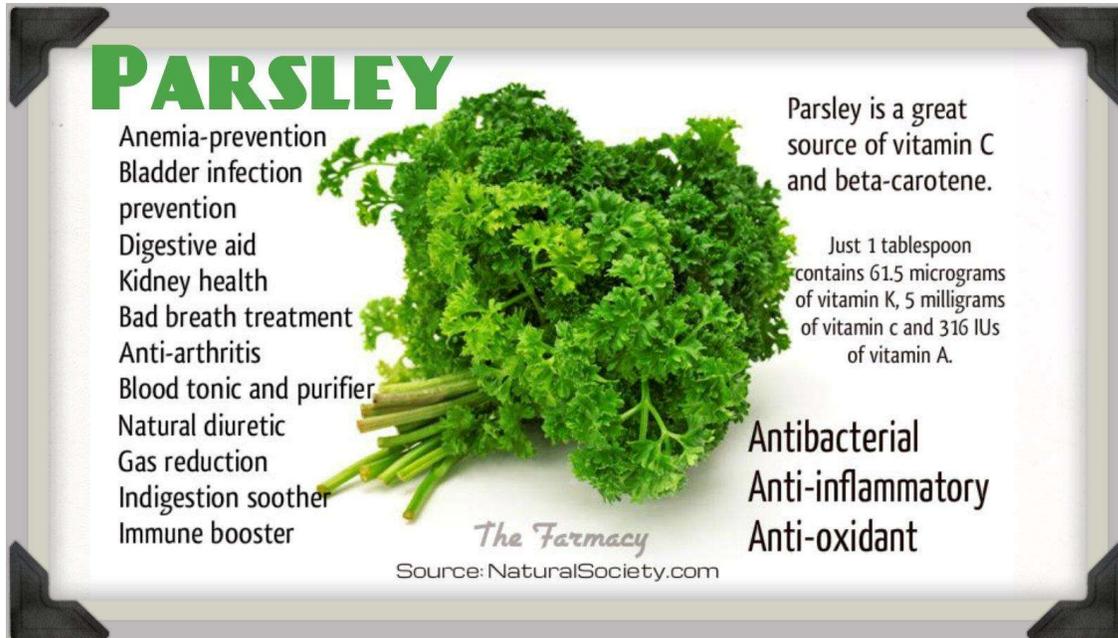
Happy Canada Day.
We are celebrating a country of incredible diversity in landscape, climate, growing conditions and citizenry. The furry reveler at the left has changed the landscape of our farm by clearcutting

our windbreak, digging channels to divert water and generally making himself a nuisance while raising a huge family. Fortunately his family doesn't eat vegetables but his cousin the groundhog does.

We have certainly done our share for wildlife. The deer enjoy the fennel and the groundhog has good taste and eats a favourite kind of lettuce but fortunately, he has left some for you. This week, in your tubs you will find the first fruits of the season There are 4 heads of **lettuce** to provide some tasty salads and a



cucumber. To add to that you have some **green onions.** We planted onion seeds in February in the greenhouse and nurtured them till now. You can see the size they are today and we gave you some of last season's **onions** so you can see what they are yet to become.



PARSLEY

Anemia-prevention
Bladder infection prevention
Digestive aid
Kidney health
Bad breath treatment
Anti-arthritis
Blood tonic and purifier
Natural diuretic
Gas reduction
Indigestion soother
Immune booster

Parsley is a great source of vitamin C and beta-carotene.

Just 1 tablespoon contains 61.5 micrograms of vitamin K, 5 milligrams of vitamin c and 316 IUs of vitamin A.

Antibacterial
Anti-inflammatory
Anti-oxidant

The Farmacy
Source: NaturalSociety.com

You will be getting fresh **parsley** every week. You could add it to your salad. The herb of the week is **basil.** Do not put it in the fridge. Put it in a glass of water on the windowsill and use it from there. If you do not use it fast enough it will root and you can plant it.

Nothing says early summer like **rhubarb.** Below is a recipe for a simple compote to pour over ice cream

Honey Rhubarb Compote

6 cups fresh or frozen rhubarb 1/2 cup apple juice 1/4 cup honey
(2 small beets – optional, for extra color)

In a saucepan, bring apple juice to a boil. Peel and slice beets into halves and add to juice. Simmer for a minute or so until beets begin to release their juices and color.

Add rhubarb and honey and stir until honey is melted and mixture is combined. Cook mixture slowly for about 8 minutes. Turn off heat and remove beet slices from the compote. Taste for sweetness and add more honey if desired.

Cool compote completely; mixture will thicken as it cools. Store in a jar in the refrigerator for up to a week. Yields: about three cups

You have the **rhubarb, beets** and even the **honey** in your tub.

Have you felt the heat lately? Our **anise hyssop** is a perennial herb and is ready to pick. so we thought we would give you some to flavour your drinks. Steep the leaves in boiling water. Add some honey and ice cubes for a delicious iced tea.

For those of you who are new, our weekly tubs are not all the same. The beginning is light and they increase in volume as the season progresses and the vegetables are ready to harvest.