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Newsletter #15-16

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Thanksgiving is early this year and we may be short of time but not of reasons to be thankful. We've had touches of frost and the end is imminent but with the exception of tomatoes, the harvest has been good. We are also thankful for the wonderful interns, WWOOFers and volunteers we had helping us this season, especially in moving all those pumpkins around.

You are getting a Rouge Vif d'Etamps **pumpkin** this week. Those who can't pronounce the name call it a Cinderella pumpkin because the top and bottom are flat and it looks like Cinderella's carriage. It is a very tasty pumpkin. The easiest way for me to deal with a pumpkin is to cut a hole in the top like for a jack o'lantern. Then I scoop out the seeds, put the top back on and roast it in a roasting pan at 325 deg. until the outer skin just peels right off. No more blisters from trying to cut the thick rind. I've made 3 pumpkin

pies for the community fall supper, two for us and it isn't even Thanksgiving yet. My favourite pumpkin pie recipe comes from a friend of my Mother's.

1 single pie crust,	2 eggs, slightly beaten	¾ cup sugar
1 tsp cinnamon	½ tsp ginger	½ tsp nutmeg
½ tsp salt	1 cup milk	2 cups pumpkin puree

Beat eggs. Combine sugar, spices and salt thoroughly. Add to eggs. Add pumpkin puree and milk. Blend thoroughly. Pour into an unbaked pie shell and place into a hot oven, (400deg. F) for 10 minutes. Decrease heat to 325 deg. And bake till pie is nicely set.

There are **onions** There are the usual 3 pounds of **potatoes**. New this week is **celeriac**. It is root celery. Peel it, cut it into pieces and boil it. Add it to your mashed potatoes for a flavour lift. The green tops can be used like celery in your turkey stuffing or in soups. We are putting fresh **sage** into your tub to include in your stuffing.



Garlic and **parsley** are other seasonings to flavour your meals.



There are **carrots** and **lunch box peppers** for your veggie tray. I made a carrot salad last night that was enjoyed by everyone . To serve 6, I used
 1 ½ cups grated carrots 1 cup raisins
 ½ cup chopped walnuts ½ cup sliced celery
 1/3 cup mayonnaise or plain yogurt

For a salad we have also given you **Napa Cabbage**..

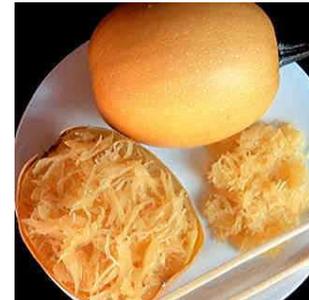
Napa Cabbage Salad

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| 1/2 cup slivered almonds | 3 Tbsp. vegetable oil |
| 2 Tbsp. rice vinegar | 1 Tbsp soy sauce |
| 1 pound napa cabbage, chopped | 2 scallions, thinly sliced |
| 1/2 tsp sugar | 1/4 cup chopped cilantro |
| Freshly ground pepper | |



Preheat the oven to 350°. In a pie plate, bake the almonds for 5 minutes. Let cool. In a bowl, mix the oil, vinegar, soy sauce and sugar. Add the cabbage, scallions and cilantro and toss. Add the almonds and season with pepper. Toss again and serve.

There are two Small Wonder **spaghetti squash** in your tub. For best results: Cut the squash in half, length wise. Scrape out seeds and place rind side up on baking sheet for 30 to 40 minutes at 375F
 -For savory: Add your favourite pasta sauce or coconut oil and salt and pepper. -For sweet: Add coconut oil, cinnamon and pure maple syrup or sprinkle with brown sugar, salt, and pepper, then roast until the flesh is tender and easy to pull into strings with a fork. Parmesan cheese, toasted hazelnuts, and fresh herbs add loads of flavor to the mild, sweet squash. Cut in half they will serve 4 people. To feed more, scrape the noodles into a dish and bake that way.



The summer just flew by and this is **the last week of delivery** for the 15 week program. We hope you have enjoyed the veggies and tried some new things that this season has provided.

Those of you who are in the **20 week** program will receive a tub every **second week** from now on. Since we are bringing a chicken with each order we don't want to deliver in the mornings. We will deliver to those North of Portage Ave one week and those south of Portage Avenue the next. We are going north on the 13th and we will let you know who is involved by sending you a newsletter before your delivery each week. We will try to get to your house in the afternoon This is during rush hour so we cannot predict where we will be at any given time.

Please **leave a cooler** outside **for the chicken**. As the weather gets cooler we will have to keep the chicken from thawing and the veggies from freezing.

Enjoy the long weekend