



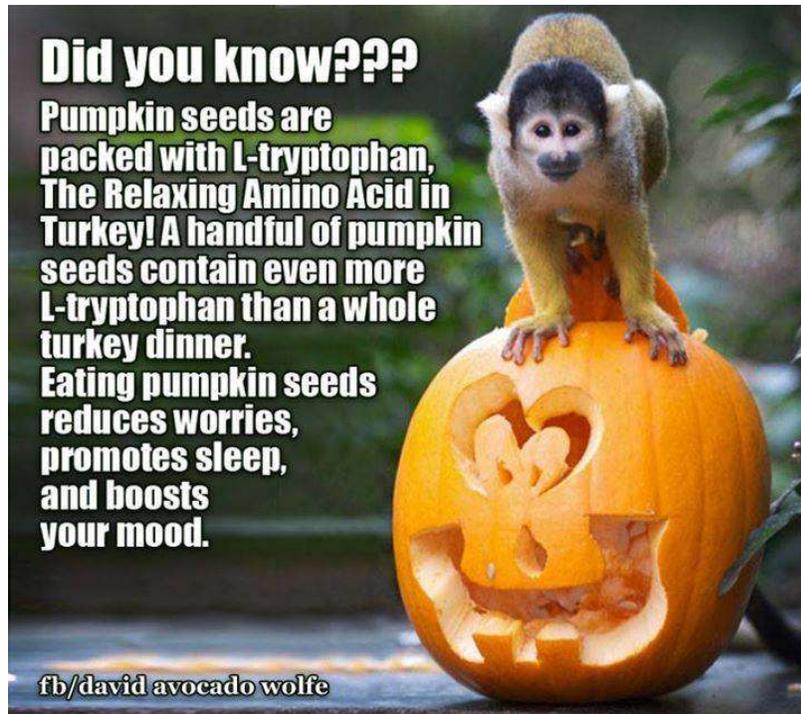
781 Hwy 26 St. Francois Xavier, MB R4L 1A2  
204 864-3083

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

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

Newsletter 17-16

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It's that spooky time of year again. When you carve your pumpkin this weekend, don't throw away the seeds. Soak them overnight in a mixture of 2 tsp salt per 1 cup of water. Be certain that the mixture covers the seeds. Drain the seeds in a colander and spread them out on paper towels to dry. Preheat the oven to 300 deg. Transfer the seeds to a baking sheet and spread out in a single layer. Bake for 30 to 45 minutes. Do not allow the seeds to brown. Crack open the shells and enjoy the seeds within. Usually pumpkins used to carve Jack o' lanterns are not so tasty. The seeds are still good though. You are getting a Rouge Viv d'E'tamps pumpkin which is

very tasty. Use it to make pumpkin pies, desserts, soups, pancakes, breads or cakes or just eat the puree with a touch of cinnamon, nutmeg and maple syrup.

In keeping with the fall season, you are getting a root mix. It consists of **parsnips, beets, turnips** and **sunchokes**. Sprinkle them with olive oil and salt and roast them in the oven. Your greens this week are **Swiss chard** and **celeriac tops** which can be used in cooking as celery. Sautéed Chard and Onions with Caraway Recipe

- |                           |   |
|---------------------------|---|
| 3 Tbsp olive oil          | 2 large onions, sliced 1/4-inch to 1/2-inch wide slices, root to stem |
| Salt                      | 1 pound chard, center ribs removed, leaves roughly chopped            |
| 1 Tbsp honey              | 1 teaspoon caraway seeds  |
| 1/2 teaspoon black pepper | 2 tps sherry or red wine vinegar                                      |
|                           | 1/4 teaspoon celery seed  |

**1** Heat the olive oil in a large sauté pan over high heat until the oil is almost smoking. Add the onions and toss to coat with oil. Sauté for 10-12 minutes stirring often, until the onions are soft and browned on the edges. Sprinkle with salt while the onions are cooking.

2 Add the chard to the onions and mix well with tongs. Once the chard wilts, 2 to 4 minutes, add the honey, caraway seeds, celery seeds, and black pepper. Toss well to combine and cook for another 2-3 minutes, stirring often. Add the vinegar right before serving. Serves 4-6.

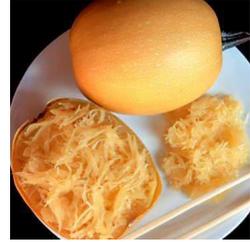


For seasoning there is **parsley**, **onions** and **garlic**. Any of these will give potatoes a flavour boost. You have our coloured **potatoes** in your tub again.

The **lunchbox peppers** have graced our veggie tray for weeks now. The plants are done but we still have some peppers we can share with you.

You also have some small **cabbages** in your tub. Good for coleslaw. We had a good crop of Small wonder **spaghetti squash** and there will be two in your tub.

Stefan, Julia, Erica, and Pauline are digging up **carrots**. My goodness, there are still a lot of carrots and potatoes in the sticky muddy ground....and all this rain....Who



ordered it? It is hard to dig the soaked ground but washing the dirt off outside is the worst job.

Have you enjoyed a carrot salad lately? Try this. [Carrot Raisin Salad](#)

1 ½ cup grated carrots    1 cup raisins    1/2 cup sliced celery    ½ cup walnuts, chopped  
1/3 cup mayonnaise or plain yogurt

In a medium size bowl, combine all ingredients and toss well. Cover and refrigerate until chilled.



This week you get preserves, spicy purple pickles, a great snack and a colourful addition for your condiment tray.

Julia is leaving tomorrow to go back to university in Germany. She has been a dedicated, lively, cheerful inspiration to our team and she will be sorely missed, even by the chickens. A day without Julia is like a day without sunshine.



There is also a chicken in your tub. Enjoy it roasted.

