

Blue
certified
ORGANIC

Lagoon
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Newsletter 20-15

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The end has come. This is the last delivery of the season. The weather has been incredibly cooperative but it is now getting too cold to leave produce on your doorstep. We are giving you a good supply of vegetables that keep well but when you run out, we have more. You can search what we have, listed on the online Farmers' Market which is open every second week throughout the winter.

<http://stnorbertfarmersmarket.ca> If you order online through the market, we cannot give you your discount. If you like, we could send you a list every second week, of what we have available in addition to what is online and whenever you need something you can pick it up at the farm or at the market and get your discount.

This week you have 12 lbs of **potatoes** in your tub. They are large and dirty. They are purple on the



outside but white on the inside. We left them in the ground as long as we could but they still have not developed proper winter skins. They



are unwashed because the skins rub off when we wash them and then they won't keep. Leave them as they are and wash them only when you are ready to use them. There are 2 bags of **carrots**. We had a wonderful crop this year and we have plenty more stored for the winter.. We are giving you another very tasty **pumpkin**. Pumpkins are not just for Hallowe'en. They are extremely healthy and so versatile. Pumpkin, soup, desserts, roasted as

a side dish or pumpkin smoothies. The seeds are delicious when roasted and are a very nutritious snack. The pumpkin will keep for some time in a cool place.

There are **beets**, **celeriac** and **onions** in your tub. The fresh greens are **kale** and **parsley** for the last time. The frozen food is your **chicken** and frozen **melon**. The melon makes good ice

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HEALTH BENEFITS OF PUMPKIN SEEDS

GREAT SOURCE OF MAGNESIUM
1/2 cup of pumpkin seeds contains 92% of your daily value of magnesium

IMPROVE BLADDER FUNCTION
Pumpkin seed extract can improve bladder function

KILL PARASITES
Used in many cultures as a natural treatment for tapeworms and other parasites

LOWER CHOLESTEROL
Contain phytosterols, compounds that have been shown to reduce levels of bad (LDL) cholesterol

NATURAL ANTI-DEPRESSANT
Contain L-tryptophan, a compound effective against depression

PREVENT CANCER
The phytosterols that lower cholesterol also protect against many kinds of cancers

PREVENT OSTEOPOROSIS
High in zinc, pumpkin seeds will naturally prevent against osteoporosis. (Low intake of zinc is linked to osteoporosis)

PROSTATE HEALTH
Promote prostate health and help with difficult urination associated with an enlarged prostate

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cubes, we found. The treat this week is variety of **herbal tea** and **honey**. They go together so well and will keep you warm.

Have a healthy and wonderful winter. Hope to see you next year.



