

Blue
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ORGANIC

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When it's above 30 degrees and the humidity is high, do you go outside wearing a feather coat? Our girls do but they spend a lot of time in the shade. They've come of age and we have an abundance of eggs now. After rationing our egg consumption, We are delighted to have eggs for breakfast, eggs salad sandwiches, omelettes quiches etc. Why do we love eggs so much? My mother-in-law avoided eating eggs because in the 1980s, people were told to avoid eggs due to the yolk's high concentration of cholesterol. America entered a dark time of egg white omelets and processed Egg Beater-type products.

Fortunately, more recent research suggests that consumption of whole eggs actually increases your HDL, or "good cholesterol."

The old school of thought was that you should eat egg whites rather than whole eggs in order to get the protein without the added cholesterol. But recent studies have proved that the fat in the yolk is important to keep you satiated, and the benefits of the minerals and nutrients in the yolk outweigh its cholesterol effect. Eggs deliver the most nutrients for the fewest calories and provide the most satiety per calorie consumed

When it comes to your skin, eggs can nourish from both inside and out. Eggs contain two key B vitamins--*choline* and *lutein*--that are essential to the production of the collagen and elastin that give skin its youthful elasticity. Even if you still prefer to limit your egg consumption, you can use as much as you want topically. If you have dry skin, beat a room-temperature egg with one teaspoon lemon juice and one tablespoon olive oil. Apply to the face and neck, leave on for 15 minutes and rinse with warm water. You'll be surprised how great your skin will feel.

If you have an egg share, you are eating eggs from chickens raised on organic pasture, the healthiest ones according to Rodale's *eggzamples* of nutritious eggs.

The chickens may not be too happy about the heat but the beans are. Their production is just short of amazing. Most of our **beans** are green but you may get some yellow or purple ones as well. If two pounds is too many for you try freezing them. Even if you don't have an immersible strainer insert for your pot, the deep fryer insert would work or even a slotted spoon for this amount of beans. Simply snip or break off the ends and immerse them in boiling water. When the water comes back to a boil, remove the beans, drain and immerse them in ice water to stop the cooking process. Cool and place in freezer bags, removing as much air as possible. These would be a treat in the winter when there are no local beans available.



There are **potatoes** and **carrots** in your tub and an abundance of dill and **cucumbers**. **Dill** is a flavourful herb that pairs well with all of these.

For an elegant appetizer, start your dinner with

Creamy Dill, cucumber Toasties

- 1 pkg cream cheese, softened
- 1 pkg of Italian Style Salad dressing mix.
- 1/2 cup mayonnaise
- 1 French baguette cut into 1/2 inch circles
- 1 cucumber, sliced 2 Tbsp fresh dill weed



In a medium bowl, mix together cream cheese, dressing mix and mayonnaise. Spread a thin layer of the cream cheese mixture on a slice of bread, and top with a slice of cucumber. Sprinkle with dill. Repeat with remaining ingredients.

.....or use the dill with carrots

- 3 cups peeled and sliced carrots 2 Tbsp butter 2 Tbsp brown sugar
- 1/2 Tbsp chopped fresh dill 1/2 teaspoon salt 1/2 teaspoon black pepper

Place carrots in a skillet and pour in just enough water to cover. Bring to a boil over medium heat; simmer until water has evaporated and the carrots are tender. Stir in butter, brown sugar, dill, salt, and pepper.

.....or since you have some **hot peppers** in your tub, make some refrigerator pickles.

- 2 pounds pickling cucumbers 1 pint water(2 cups)
- 1/4 cup plus 2 Tbsp apple cider vinegar 2 teaspoons honey
- 1/2 tablespoons kosher salt 4 cloves garlic, peeled
- 2 dill flower heads OR 2 sprigs fresh dill leaves 1 tsp whole mustard seeds
- 1/2 tsp whole black peppercorns hot peppers (optional)

Leave the cucumbers whole if they are small, or cut lengthwise into spears. Bring the water, vinegar, salt and honey to a boil. Let cool to room temperature. Place the garlic cloves into the bottom of a clean glass quart jar or a couple of pint-sized jars. Note that because these are refrigerator pickles that will not be canned, you do not need to use special canning jars or lids. You also do not need to sterilize the jars. Pack the whole cucumbers or spears into the jar(s) vertically, adding the remaining spices and herbs as you do so. Be sure to pack the cucumbers in tightly so that they will not float up out of the brine. Pour the cooled brine into the jar(s) over the other ingredients, being sure to completely cover the cucumbers with the liquid. Secure lids, and place in the refrigerator. The pickles will be ready to eat in 4 days, much better if you wait a week, and even better if you can wait 2 weeks before sampling.



There is **Swiss chard** and **onions**. To make a Swiss chard pasta dish, use the same pot of water to blanch the greens before boiling the pasta and then cooking the whole dish in said pot for minimal clean-up.



Although many of the field **tomatoes** are cracked they are delicious. This happens when there is inconsistent watering. We were in drought mode for weeks and suddenly there was a downpour. So far the dreaded hail has missed us but some of the tomatoes couldn't handle the sudden abundance

of water.

The special product this week is the **pesto kit**. It consists of **basil**, **parsley** and **garlic**. To make pesto, place the ingredients in a food processor or blender and add olive oil as needed to make a spreadable consistency. The parsley is necessary to keep the basil green. Add pine nuts or walnuts, salt and parmesan cheese to taste.



