

Welcome, CSA Member!

As a member of our CSA (Community Supported Agriculture) program we are dedicated to providing you with freshly picked organic vegetables and herbs every week from our partner farms in Cottam and Leamington. Through your membership in this program, ACCESS has been able to provide 28 individuals with employment barriers in obtaining inclusive and rewarding work.



All of the produce was seeded, planted, picked, and harvested by those employed through the program!



What is your favourite part about working as a produce distributor? Being with everyone!

What is the most important thing you have learnt through this experience? How to interact with people.

My next goal: Is to learn to read and write.

Fun fact: I love golfing



Recipe of the day: Lettuce Soup

Ingredients

- 1 cup chopped onions
- 1 garlic clove, chopped
- 3 tablespoons unsalted butter
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 cup diced peeled potato
- 8 cups coarsely chopped lettuce leaves including ribs
- 3 cups water



2. Add salt and pepper and cook, 1 minute.
3. Stir in potato, lettuce, and water and bring to a boil, then reduce heat and simmer, covered, until potato is very tender, about 10 minutes.
4. Purée soup in batches in a blender (use caution when blending hot liquids) and transfer to a saucepan.
5. Bring soup to a simmer, then whisk in remaining tablespoon butter and salt and pepper to taste.

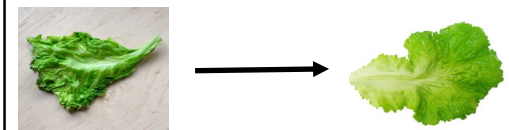
Directions

1. Cook onion and garlic in 2 tablespoons butter in a pot over moderately low heat, stirring until softened, 3 to 5 minutes.

Tip of the day!

Wilted Lettuce and other greens

Has your fresh lettuce become slightly wilted? Fill a large bowl with cold water and a few handfuls of ice. Add the juice of 1 lemon or a tablespoon of cider vinegar. Soak the leaves in the water for 20-30 minutes then remove, dry, and use. Make sure you eat it within 2 days of soaking!



Every week you will receive fresh produce and herbs you may have never encountered. While we will do our best to provide you with tips and recipes, we strongly encourage you to research the contents of your bag and to enjoy the process of cooking and tasting new foods!

More information about the vegetables and herbs included in your bag, our team, the farms and ACCESS can be found on our blog at <http://accessgarden.jimdo.com/>, Facebook page <https://www.facebook.com/AccessGarden> and Instagram Account [@Accessgarden](https://www.instagram.com/Accessgarden).

