

Welcome, CSA Member!




Meet Joe

What is your favourite part about working at the farm? I love doing different things all the time.

What is the most important thing you have learned through this experience? I learned about organic pest control.

My next goal: To work at Home Hardware.

Fun fact: I have been happily married to GERALYN for five years. 

What did you make with your produce? Let us see your creations!

E-mail a picture to clamoureux@accesscounty.ca

The best picture will be featured in the newsletter the following week!




Meet GERALYN

What is your favourite part about working at the farm? I love watering the plants.

What is the most important thing you have learned through this experience? How to pick lettuce.

My next goal: To work at Giant Tiger and to take a cooking class.

Fun fact: I run track and field and play baseball. 

HEALTH BENEFITS

Beets are high in immune-boosting vitamin C, fiber, and essential minerals which are essential for healthy nerve and muscle function and good for your bones, liver, kidneys, and pancreas.

Recipe of the day: Tasty Roasted Beets!

Ingredients:

- 4 Beets, peeled and cut into 3/4 inch cubes
- 2 tablespoons olive oil
- 1 teaspoon dried thyme leaves (optional)
- 1 pinch sea salt, or to taste



Directions:

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.
2. Toss the beets, olive oil, and thyme in a bowl until beets are coated, and arrange pieces of beet on baking sheet so that they don't touch. Sprinkle the beets with sea salt.
3. Roast in the preheated oven until the beets are tender, 10 to 20 minutes.

Tip of the Day!

Washing beets for boiling

Be careful to not scrub the skin too hard when washing and do not cut or slice off any part of the vegetable so the skin stays intact. The skins need to be on to retain the colour and flavor when boiling.



More information about the vegetables and herbs included in your bag, our team, the farms and ACCESS can be found on our website <http://accessgarden.jimdo.com/>, Facebook page <https://www.facebook.com/AccessGarden>

and Instagram Account [@Accessgarden](https://www.instagram.com/Accessgarden).

