

Welcome, CSA Member!

The CSA deliveries for August 1st will be moved to August 2nd due to the holiday.
The deliveries should arrive at their regular times.



What is your favourite part about working in the garden? I love everything except digging.

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

My next goal: To get another job.

Fun fact: I like sports.



Join us for a morning of fun in the garden!

You are cordially invited to join us at the ACCESS Community Garden located at 23 Mill St. W in Kingsville on August 3rd from 9am-12pm. Members and recipients of the CSA are welcome to take a tour of our garden and take part of food demonstrations.



What is your favourite part about working at the farm? I love the animals, especially the friendly cat.

What is the most important thing you have learned through this experience?
How to collect the produce from the fields.

My next goal: To sing with the choir Life After Fifty.

Fun fact: I like building friendships with the staff.



HEALTH BENEFITS

Purslane is an excellent source of Vitamin A. This vitamin is a known natural antioxidant and an essential vitamin for vision. It can also help maintain healthy skin.

Vegetables rich in vitamin A are also known to help to protect from lung and oral cavity cancers.

Recipe of the day: Wild Purslane Salad

Ingredients:

Salad:

- 4 cups purslane
- 1 red onion, peeled and finely diced
- 1 tomato, finely died

Dressing:

- 1 lemon, juice of
- 4-5 tablespoons olive oil
- 1/2 teaspoon salt

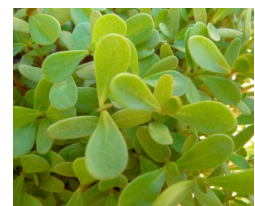
Directions:

1. Make the dressing by mixing the lemon juice, olive oil and salt together.
2. Rinse the purslane and remove the small fleshy leaves in clusters (the stems are easily broken with your finger and thumbnail). Rinse the purslane and pat dry. Add the diced onion and tomato and mix.
3. Add the dressing and mix well!

Tip of the Day!

Storing Purslane

Pack your purslane in a baggy and pop it straight in to the refrigerator or a cooler bag. It will keep fresh in the refrigerator for a week or more. Don't wash it until just before you are ready to eat.



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).

