

Welcome, CSA Member!



Meet Seth

What is your favourite part about working at the farm? Helping Tammy pull the weeds.

What is the most important thing you have learned through this experience?
How to plant tomato and celery.

My next goal: To find another job.

Fun fact: My favourite sport to watch on TV is racing.



DON'T FORGET TO COME OUT TO THE ACCESS COMMUNITY GARDEN TOMORROW, AUGUST 3RD, FOR SOME FUN IN THE SUN!



Recipe of the day: Baked Kohlrabi Fries!

Ingredients:

- 1 kohlrabi (stems removed)
- 1 Tbsp. melted coconut oil and salt
- Chili powder and ground cumin



Directions:

1. Preheat oven to 425 F. To prepare kohlrabi, wash and then peel. Then cut the kohlrabi into "fry-sized" sticks. First, cut the root in half and then with each half, cut the sticks.
2. Toss the kohlrabi with a generous pinch of salt and the coconut oil on a baking sheet. Sprinkle with lots of chili powder and a smaller amount of ground cumin.
3. Bake for 30 minutes, flipping or shaking around once in the middle. Eat with ketchup or other dip!

HEALTH BENEFITS

Kohlrabi can improve your digestive processes, help you lose weight, protect against cancer, boost the immune system, regulate the metabolism, increase circulation, strengthen bones, improve vision health, and assist in protecting muscle and nerve function!

Tip of the Day!

Eating kohlrabi

The greens attached to kohlrabi are also edible. The younger greens can be eaten raw in salads, while more mature, larger greens benefit from a quick sauté or steam.

Even the bulbs are great raw! Try them with a sprinkle of salt or add them to a slaw or salad.



Let's Talk Dessert

Here are some tips on how to make that oh so yummy dessert healthier!

1. Boost flavor with herbs and spices. Cinnamon is an example of a spice that adds a lot of sweetness without sugar.
2. Applesauce or prune puree can be used as an oil (but not butter) replacer in baked goods. This reduces fat, calories and adds fiber.
3. Add nuts to your dessert. These are a good addition for fiber and vitamins.

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).

