

Welcome, CSA Member!



What is your favourite part about being a distributor? Helping people.

What is the most important thing you have learned through this experience?

How to pack the produce bags.

My next goal: To work at Tim Hortons.

Fun fact: I am a singer. My favourite genre of music to sing is Rap.



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!

Recipe of the day: Cucumber and Basil Slush

Ingredients:

- 1 cucumber, sliced
- 2 ounces freshly squeezed lime juice
- 1/4 cup basil leaves
- 3 tablespoons sugar
- 1/4 cup water
- 3 1/2 cups ice



Directions:

1. Place all the ingredients in the blender. Using the ice crush setting, blend until all the ingredients are even and finely chopped, about 30 seconds.
2. Pour the slush into a glass. Garnish with a cucumber slice and a straw.

HEALTH BENEFITS

The eugenol in basil acts as an anti-inflammatory that can provide important healing benefits and symptomatic relief for individuals with inflammatory health problems like rheumatoid arthritis of inflammatory bowel conditions.

Tip of the Day!

Savouring the flavour

To get the strongest basil flavour, add fresh leaves at the end of your cooking. Also, do not be shy to use it in recipes you might not think to use it in. We promise, you will be pleasantly surprised!



Lets Talk Organic

- Organic food is often fresher
- Organic farming is better for the environment
- Organic food is GMO-free
- Organic produce contains less pesticides
- Organically raised animals are not given antibiotics, growth hormones, or fed animal by-products

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).

