

Welcome, CSA Member!



What is your favourite part about working at the farm? Getting paid and chasing the chickens.

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

My next goal: To work in a greenhouse and save my money.

Fun fact: I am a computer nerd.



Recipe of the day: Eggplant Caviar

Ingredients:

- 1 large eggplant
- 1/2 small onion, finely chopped
- 1 clove garlic, finely chopped
- 2 tablespoons chopped parsley
- 1 tablespoon olive oil
- 1 teaspoon red wine vinegar
- Salt and pepper
- Pumpernickel bread and cut-up vegetables, for serving



Directions:

1. Heat oven to 400 F. Using a fork, prick the eggplant all over. Place on a foil-lined baking sheet and roast until very tender, 50 to 60 minutes.
2. When the eggplant is cool enough to handle, halve it lengthwise and scrape out the flesh, discarding the skin. Finely chop the flesh and transfer it to a large bowl.
3. Add onion, garlic, parsley, oil, vinegar, 1/2 teaspoon salt, and 1/4 teaspoon pepper and mix to combine. Sprinkle with additional parsley and serve with the bread and vegetables, if desired.

HEALTH BENEFITS

Eggplants can help lower the risk of heart disease, lower bad cholesterol, improve brain function, combat cancer, prevent blood clots, regulate diabetes, aid in digestion, and improve bone health!

Tip of the Day!

Getting the best texture

Eggplant typically has tough skin. Therefore, peeling it is a good idea if you're serving it in chunks or slices. But don't remove it entirely. Instead, partially peel it in a striped fashion.

If you grill-roast the eggplant and then separate the flesh from the peel, keep the skin on during cooking to keep the eggplant intact.

Grilled Eggplant

Prepare a medium-high charcoal or gas grill fire. Brush both sides of the eggplant slices with olive oil and season with salt. Grill until golden-brown grill marks form, 3 to 4 minutes. Turn the eggplant and repeat. The interior should be grayish and soft rather than white and hard. Serve warm or at room temperature.



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).

