

# Welcome, CSA Member!



**Meet Stephanie**

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

**What is the most important thing you have learned through this experience?**  
How to get to Leamington.

**My next goal:** To work at the Link.

**Fun fact:** I like reading.



## Join us...

The End of Season Bash will take place September 22nd at the ACCESS Community Garden from 11:30am-1pm. This is an occasion for us to thank everyone who has been involved in the 2016 CSA season. We would also love to hear what you have to say about the program!

## Recipe of the day: Garden Fresh Tomato Soup

### Ingredients:

- 4 cups chopped fresh tomatoes
- 1 slice onion
- 4 whole cloves
- 2 cups chicken broth
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 2 teaspoons white sugar, or to taste

### Directions:

1. In a stockpot, over medium heat, combine the tomatoes, onion, cloves, and chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any tuff left over in the food mill.
2. In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt and adjust to taste.



## HEALTH BENEFITS

Tomatoes are an excellent source of vitamin C and antioxidants. These fruit can help combat cancer forming cells. The fiber, potassium, vitamin C and choline content in tomatoes also support heart health.

## Tip of the Day!

### Storing tomatoes

If you have too many tomatoes and you are worried you won't get around to using them before they start going mushy try putting them in a freezer bag and freezing them. Tomatoes can be saved for up to three months this way.



### High protein produce:

Figs, Sprouts, Brazil nuts, Spirulina, Barley grass, Chia seeds, Hemp seeds, Goji berries, Broccoli, Avocado, Spinach, Kale, and Romaine lettuce.

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).

