

Welcome, CSA Member!



Meet Reggie

What is your favourite part about working on the farm? Getting to know people and gaining experience.

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

My next goal: Is to go back to school so I can work in an office.

Fun fact: I am funny.



HEALTH BENEFITS

Leeks contain important nutrients that can provide cardiovascular support, can help with type 2 diabetes, obesity, rheumatoid arthritis, allergic airway inflammation, and several types of cancer.

Recipe of the day: Potato-Leek Soup!

Ingredients:

- 3 large leeks
- 4 tablespoons olive oil
- 1 cup diced onion
- 3 coves garlic-minced
- 1 pound Yukon gold potato-diced
- 6 cups veggie stock or use 1/2 water
- 1 tablespoon fresh thyme (or substitute 1tsp dry herbs)
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/3 cup light sour cream



Directions:

1. Remove leek stems and cut leek in half length wise. Rinse to remove dirt. Slice leeks into 1/4 inch half rounds. Heat oil in medium sized heavy bottom pot or Dutch oven, over medium heat. Add leeks and sauté 3-4 minutes and add onion.
2. Continue sautéing for 5 minutes until tender. Add garlic and sauté for 3 more minutes.
3. Add potatoes, stock and fresh thyme Bring to a boil, turn heat to low and simmer for 15 minutes, until potatoes are tender.
4. Add salt and peppers. Blend in batches, until very smooth and silky.
5. Return the silky smooth soup to the pot, bring to a simmer over low heat, and stir in sour cream.

Tip of the Day!

Start by removing the outer layer of white. Next, trim the base with a sharp paring knife to remove all the roots. Make an incision in the middle of the whit stalk and cut toward the green tips, severing the leek in two, but with the bottom still intact. Wash well under cold running water, pulling the leaves apart to rinse well between them.

Drain, green tips down, in a colander for a few minutes.

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).

