

Welcome, CSA Member!



Meet Danica

What is your favourite part about working at the farm? I enjoy watering the plants. I also like working in nature and with my nice boss.

What is the most important thing you have learned through this experience? I learned about growing fruits and vegetables.

My next goal: Is to be hired again next year.

Fun fact: I compete in the Special Olympics every year.



HEALTH BENEFITS

Sweet potatoes support a healthy immune system, help with relaxation and stress, protect against aging and cancer, help build healthy bones, heart, nerves, skin and teeth, and help protect against heart attacks.



Meet Stephanie

What is your favourite part about working at the farm? Harvesting vegetables.

What is the most important thing you have learned through this experience? I have learned to identify different vegetable plants.

My next goal: Is to find permanent employment.

Fun fact: I love Tim Horton's coffee!



TIP OF THE DAY!

Storing sweet potato

Sweet potatoes should be kept in a dry, cool (55-60 degrees) place such as a cellar, pantry, or garage. Do not store them in the refrigerator. If stored properly they can keep for a month or longer.



Recipe of the day: Sweet Potato Skins

Ingredients

- 2 medium or large sweet potatoes
- 1 tablespoon olive oil
- 1 shallot, minced
- 1 bag fresh baby spinach
- 1/2 cup Greek Yogurt
- 1 cup chickpeas
- 1/4 cup shredded Mozzarella cheese
- Salt and pepper to taste
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Directions:

1. Bake sweet potatoes at 350 for 45-60 minutes, or until fork tender. Then cut sweet potatoes in half and let cool for 5-10 minutes. Sauté the shallots with the olive oil over medium heat until translucent. Add fresh spinach and heat for 2-3 minutes. Set aside.
2. Scrape the sweet potato out of the peel, leaving a thin layer inside with the skin. Mash the sweet potato with the Greek yogurt. Stir in chickpeas, spinach, and plenty of salt and pepper. Coat potato skins with a drizzle of oil and bake for 5 minutes. Fill each skin with the sweet potato and top with shredded cheese. Bake for 10-15 minutes. Enjoy!

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).

