

# CSA Member NEWSLETTER



**Meet Kevin**

Why did you want to work in the CSA program?

*I was offered the job and I like the idea of an organic farm.*

What is your favourite part of the job so far?

*Picking crops wasn't bad except for the bugs.*

Any big plans this summer?

*I just want to stay home and relax.*

Favourite healthy food?

*Salads with no tomatoes, apples, oranges and grapes.*

Favourite job of the farm?

*Feeding the weeds to the pigs.*

## RECIPE OF THE WEEK



### Purple Basil & Swiss Chard, Sweet Carrots

It is sweet and delicious, and goes well with most meats. It is a colourful addition to any meal.

- 2lbs baby carrots
- 3 tablespoons butter
- 2 tablespoons maple syrup
- 2 teaspoons chopped basil
- 2 cups Swiss Chard, washed and chopped
- 1/4teaspoon sea salt

#### DIRECTIONS

1. Cook the carrots in boiling water for 10 minutes, or until tender.
2. Drain, and add the butter, stirring to melt on low/med heat.
3. Add the chopped swiss chard, sauté until wilted
4. Turn off the heat & add the maple syrup, basil and sea salt. Stir to coat the carrots thoroughly.

#### Fun Basil Facts!

- Fresh basil should only be cooked for short time periods, as longer cooking will cause the flavour to dissipate.
- Basil is extremely high in vitamin K, and is good source of manganese, and vitamin A.
- You can use purple or green basil in cooking—they are very similar in taste.

## Identifying What's in Your Bag?



Swiss Chard

Purple Basil

Green Onions

Romaine Lettuce

Carrots

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).