

CSA Member NEWSLETTER



Meet Kyle

Why have you decided to return for this second CSA season?

The job was good for me.

How is this year different than last year?

I had 1 day last year. This year I have 2.

Any big plans this summer?

I go to St. Clair in the fall for the CICE program.

Favourite healthy food?

Pizza with veggies.

Favourite job of the farm?

Raspberry picking.

RECIPE OF THE WEEK



Roasted Beets with Sage over Sautéed Greens

This is a great side dish with grilled or roast meats. Or you could serve as a main-dish warm salad.

3 to 5 small beets, scrubbed, cut into bite sized pieces

collard greens—washed, chopped, soaked in cold water

1/4 cup olive oil (or to taste)
fresh sage, thinly sliced, to taste
sea salt and cracked black pepper, to taste

In a bowl, toss beets, olive oil, salt, pepper and sage together until the beets are well coated. Transfer to a roasting pan and cover in aluminum foil. Place in a

350 degree F. oven and roast for 30 to 40 minutes, or until beets are easily pierced with a fork. Remove from oven and transfer to a mixing bowl. Five minutes before the beets are done, heat a sauté pan over medium-high heat. Drain the collard greens and transfer them to the hot pan; the water on the leaves will be enough to steam the greens. Add a pinch of sea salt and cook, stirring, until wilted and tender, about 5 minutes. Add to the bowl with the beets and toss.

For extra texture, add some nuts or dried fruit on top. TIP: Feta cheese is delicious with beets, sprinkle some on top.

Identifying What's in Your Bag?

Beets



Collards



Sage



Romaine Lettuce



Tomatoes



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).