

# CSA Member NEWSLETTER



**Meet Reggie**

Why have you decided to return for the second season CSA Season

*It's good experience and I knew what I was going to be doing.*

How is this year different than last?

*It's the same work but different people.*

Any big plans this summer?

*I'm going to Ottawa for a vacation.*

Favourite healthy food?

*Salad, cucumbers, corn. I like all vegetables*

Favourite job of the farm?

*Feeding the pigs.*

## RECIPE OF THE WEEK



### ZUCCHINI BROCCOLI CARROT FETA FRITTERS

**INGREDIENTS**

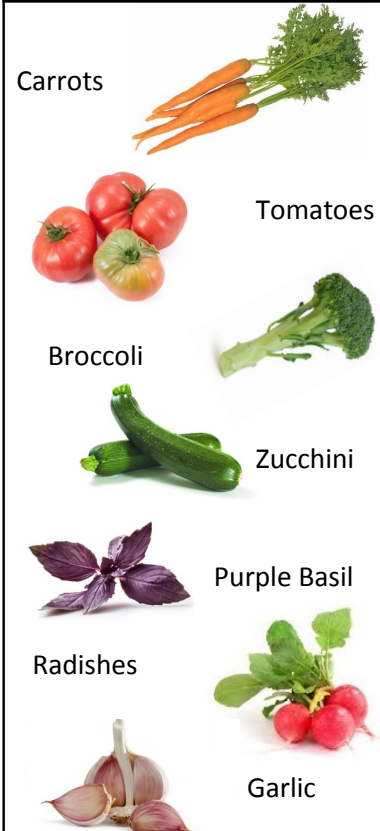
- 1 medium size zucchini
- 3 medium carrots
- 1 broccoli head medium size
- salt
- pepper
- red paprika
- 1 to 2 garlic cloves
- 2 tbsp. fresh parsley /finely chopped/
- 1 tbsp. fresh chives /finely chopped/
- 1 tbsp. fresh purple basil /finely chopped/
- 1 tbsp. flour
- 3 - 4 tbsp. feta cheese, crumbled.
- 1egg
- 2 tbsp. oats
- 1 tbsp. ground flax seeds
- olive oil

**PREPARATION**

Grate whole zucchini, carrots.  
Cook broccoli in a microwave on high for

about 3 minute, chop it finely.  
To grated vegetables add salt, pepper, red paprika, egg, flour, oats, ground flax seeds, pressed garlic, finely chopped herbs.  
Combine all the ingredients together, season to taste.  
Using a medium size skillet, heat about 1-2 tbl olive oil. Key to the delicious fritters is a sizzling hot hot pan. You want the oil to be hot when you make these. Using an off-set silicone spatula flip fritters and cook on other side until crispy. To cook each fritter takes about 5 minutes, 2.5 on each size. Cooking time also depends on the size of the fritters. Even with minimum oil being used here, I always lay freshly cooked fritters on the paper towel, It helps to absorb residue fat being used in cooking.  
Serve with your favourite salad.

## Identifying What's in Your Bag?



Carrots

Tomatoes

Broccoli

Zucchini

Purple Basil

Radishes

Garlic

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).