

CSA Member NEWSLETTER



Meet Michael

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

It gets me out of the house. It's hard work but it's peaceful and quiet.

How is this year different than last?

There are more people working, and we do different jobs. The day goes by really fast.

Any big plans this summer?

No but I'm going to the Bahamas in November.

Favourite healthy food?

Strawberries

Favourite job of the farm?

Picking the crops is the easiest.

RECIPES OF THE WEEK

RED CABBAGE & CARROT SALAD



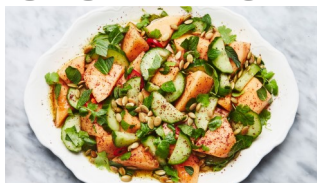
INGREDIENTS

- 4 -6 large carrots, grated
- 1 small red cabbage, grated
- 1/2 cup currants (if dry soak in water for 10 mins and drain well)
- 3 freshly squeezed lemons
- 3 tablespoons balsamic vinegar or 3 tablespoons red wine vinegar salt
- 1 tablespoon sumaq
- 1 tablespoon dill weed
- chopped cilantro or
- chopped parsley
- 1/4 cup extra virgin olive oil

PREPARATION

Toss all the ingredients together and chill for an hour and serve.

CANTALOUPE & CUCUMBER SALAD



INGREDIENTS

- 1/2 cup olive oil
- 1/4 cup white wine vinegar
- 1 teaspoon ground coriander
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon ground cardamom
- 1/2 large cantaloupe, rind and seeds removed, flesh cut into 1-inch pieces
- 1 large English hothouse cucumber, sliced on a diagonal 1/2 inch thick
- 2 Fresno chiles, thinly sliced
- 1/2 cup unsalted, roasted pumpkin seeds
- 1/4 cup chopped cilantro
- 1/4 cup chopped mint
- Sumac (for serving)

PREPARATION

Whisk oil, vinegar, coriander, salt, pepper, and cardamom in a large bowl. Add cantaloupe, cucumber, and chiles and toss to coat in dressing. Let sit, uncovered, 15 minutes. To serve, add pumpkin seeds, cilantro, and mint to salad and toss gently to combine. Top with sumac.

Identifying What's in Your Bag?

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