

CSA Member NEWSLETTER



Thanks for a GREAT Season!

Thank you for taking part in our 2017 CSA. We hope it's been a year where you improved your nutrition and maybe even tried a few new vegetables!

Thank you to our AMAZING workers who helped to bring you the fresh veggies! They've worked hard and gained some valuable employment skills!
KEEP IN TOUCH...choule@accesscounty.ca



RECIPE OF THE WEEK

Acorn Squash, Beet & Sweet Potato Chili



INGREDIENTS

- OPTIONAL—3/4 pound ground beef (browned and drained)
 1 cup red onion, chopped
 1/2 cup carrot/celery/parsley, finely chopped
 1 large clove roasted garlic, smushed
 2 teaspoons salt
 2 teaspoons chili powder
 1 teaspoon cumin
 1 cup shredded beets
 1 cup roasted acorn squash
 1/2 cup roasted sweet potato
 1 bay leaf
 3 cups (24 oz, 720 ml) slow-roasted tomatoes (or crushed canned tomatoes)
 1 cup chicken or vegetable stock

PREPARATION

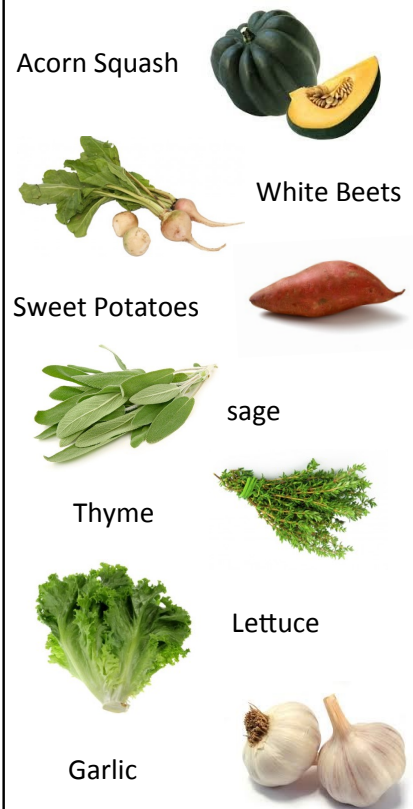
Preheat a large saucepan over medium heat (add oil if you have not browned meat in the pan first). Sauté the onion, carrot, celery and parsley until softened--about 5 minutes. Add the garlic and spices, stir to combine, and sauté until the spices become fragrant (another 3 minutes). Add in

the rest of the vegetables, bay leaf, tomatoes and stock. Reduce heat to medium-low and simmer for one hour. At this point, if you want a smooth chili, carefully blend with an immersion blender. The vegan chili is done, though you can simmer longer on low, or transfer to a slow cooker on low, until you're ready to serve. If you're also serving carnivores, add in the cooked ground beef and simmer until heated through.

ROASTING ACORN SQUASH

1 acorn squash - halved lengthwise, seeded, and cut into 3/4-inch slices
 8 sprigs fresh thyme
 2 tablespoons olive oil
 Salt & pepper to taste.
 Preheat oven to 400 degrees
 Toss squash slices, thyme, olive oil, salt, and pepper together in a bowl until the squash is evenly coated; spread into a jelly roll pan.
 Roast in preheated oven until golden brown and tender, 25 to 30 minutes. Skin will peel off cooked squash easily.

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 Instagram Account [@Accessgarden](https://www.instagram.com/Accessgarden).