

CSA Member NEWSLETTER



Meet Brittany

Why did you want to work in the CSA program?

It gets me out of the house for a few hours.

What is your favourite part of the job so far?

I like everything and everyone. It's fun.

Any big plans this summer?

I'm working and then playing with my nieces and nephews.

Favourite healthy food?

Grapes & strawberries.

Favourite job of the farm? *All of them!*

More from Brittany?

I have worked on a farm lots of times and I love it all.

RECIPES OF THE WEEK

Put It On (Just About) Anything | Daikon Radish Slaw



INGREDIENTS

- 1 very large daikon radish, peeled and shredded
- 1 carrot, peeled and shredded
- 1 c very small cauliflower florets
- 2 green onions, finely sliced
- 1/4 c white vinegar
- 2 T mirin
- 1 T salt
- 1 T sugar
- 1/2 t Szechuan peppercorns, crushed
- Handful fresh parsley chopped

PREPARATION

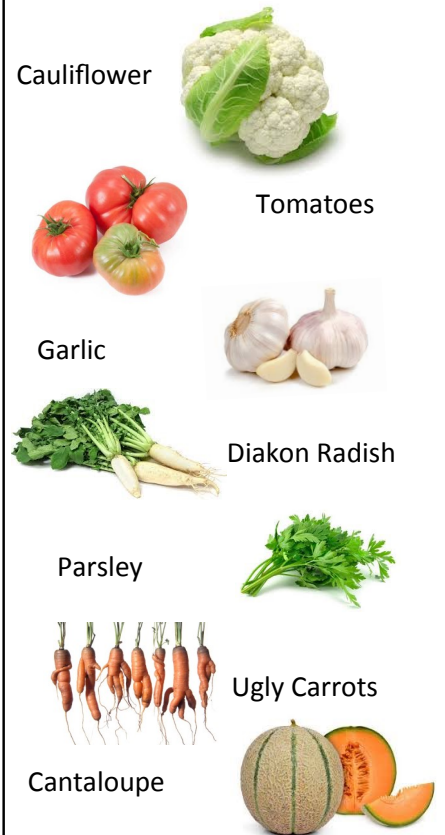
In a medium bowl combine radish, carrot, cauliflower and green onion. In a small sauce pan, combine vinegar, mirin, salt, sugar and peppercorns. Bring to a boil and remove from the heat. Pour pickling liquid over the vegetables. Toss lightly to combine. Allow to marinate for a couple of hours. Just before serving, add in the handful of parsley leaves and serve — over fish, chicken or on tacos or hot dogs. I think the possibilities are almost limitless.

FUN FACTS about CANTALOUPE

Low-calorie goodness! An average-sized cantaloupe contains just 100 calories. Who knew something so sweet could be good for you?

Full of nutrients. Cantaloupe is packed with Vitamin A and antioxidants such as beta-carotene, lutein, zea-xanthin and cryptoxanthin. That means protection against colon, prostate, breast, endometrial, lung, and pancreatic cancers.

Identifying What's in Your Bag?



Cauliflower

Tomatoes

Garlic

Daikon Radish

Parsley

Ugly Carrots

Cantaloupe

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).