

# Welcome, CSA Member!

What did you make with your produce? Let us see your creations!

One winner will be featured in the following Newsletter, the others will go on the blog. Email them to [clamoureux@accesscounty.ca](mailto:clamoureux@accesscounty.ca)



## Meet Josh

**What is your favourite part about working at the farm?** I like weeding and picking raspberries.

**What is the most important thing you have learnt through this experience?** To stain and to put plants in the garden.

**My next goal:** To go to Niagara Falls.

**Fun fact:** I am a really good singer and I am happy in my relationship.



Do not forget to return your produce bags to your delivery person so that we may reuse them.



## Meet Elly

**What is your favourite part about working at the farm?** Picking raspberries.

**What is the most important thing you have learnt through this experience?** Strawberries have to be ripe to be sold.

**My next goal:** To sing at the apple fest and volunteer at Woof a Roo in August.

**Fun fact:** I love dogs.



## HEALTH BENEFITS

Swiss Chard is one of the most nutritious vegetables around and ranks second to spinach in total nutrient-richness. One particular benefit of chard is its ability to regulate your blood sugar levels!

## Recipe of the day: Sauteed Garlicky Swiss Chard

### Ingredients:

- 1 bunch Swiss Chard
- 4 minced garlic cloves
- 2 tbs. Canola/grapeseed oil
- 1/2 Lemon Juice
- 2 oz. Parmesan Cheese



### Directions:

1. Heat a skillet over medium-high heat. Add oil and then minced garlic and chard stems with a dash of salt to heated oil. Sauté until soft, 3 min.
2. Add chard leaves, as much as can fit in the pan at a time, with a pinch of salt. Add ore leaves as room is made in the pan. Sauté until all leaves are wilted. Season to taste with salt and pepper, add a squeeze of lemon, and

## Tip of the Day!

### Keeping the stem

Some recipes recommend you throw away chard stems or that you not separate them from the leaves. But by keeping them, it provides a nice texture to the meal and is a great source of fiber! However, you should separate them from the leaves because they take a bit longer to cook.

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](#).

