

Welcome, CSA Member!



Meet Brian

What is your favourite part about being a distributor? The pay is good! Also, I love delivering organic produce to organizations.

What is the most important thing you have learned through this experience? How to help others.

My next goal: To work as a distributor next year.

Fun fact: I love spending time with my 7 year old godson.



Check us out...

Our summer garden students Kiki and Hope have been busy creating videos just for you! These videos are an excellent source of information for both novice and pro garden lovers.

Check them out on Youtube:
AccessGarden

Recipe of the day: Honey Roasted Carrots!

Ingredients:

- 8 carrots, peeled (The carrots in your CSA are organically grown, meaning it is not necessary to peel them)
- 3tablespoons olive oil
- 1/4 cup honey
- Salt and ground pepper to taste



Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place the whole carrots into a baking dish, and drizzle with olive oil. Mix until the carrots are completely covered with olive oil. Pour on the honey, then season to taste with salt and pepper; mix until evenly coated.
3. Bake in the preheated oven until just tender, or cooked to your desired degree of doneness, 40 minutes to 1 hour.

Tip of the Day!

Cooking carrots

Carrots are delicious eaten raw or cooked. While heating can often damage the delicate phytonutrients in vegetables, the beta-carotene found in carrots has been shown to be surprisingly heat-stable. In fact, carrots' beta-carotene may become more bioavailable through well-timed steaming (7-10 mins). Still, be careful not to overcook carrots if you want your carrots to retain their maximum flavour and strong overall nutritional value.



HEALTH BENEFITS

We have all been told that eating carrots will help our vision, however this vegetable is also believed to protect against prostate cancer, colon cancer, leukemia, and lung cancer. Their antioxidants may also help with blood sugar regulation.

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).

