

# Welcome, CSA Member!



## Meet Roger

**What is your favourite part about working at the markets?** Meeting new friends and helping people.

**What is the most important thing you have learned through this experience?** How to help people set up and safety.

**My next goal:** Is to keep helping people.

**Fun fact:** I love watching Baywatch.



## HEALTH BENEFITS

Both hot and sweet peppers may enhance weight-loss efforts, may protect against the buildup of cholesterol, may lower your risk of arthritis, may lower your risk of breast cancer, and may lower your risk for stroke, coronary heart disease and cardiovascular disease.



## Meet Amanda

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

**What is the most important thing you have learned through this experience?** How to work with a variety of garden tools such as a hoe.

**My next goal:** To get my drivers license.

**Fun fact:** I do rhythm and ribbon, ball and hoop gymnastics!



## TIP OF THE DAY!

When roasting peppers it should be known that the smaller peppers should remain whole while the larger peppers such as bell peppers should be cut in half or in quarters to speed up the process. Place the cut peppers on the baking sheet cut-side-down.

## RECIPE OF THE DAY: STUFFED PEPPERS!

### Ingredients:

- 4 bell or sweet peppers
- 1 1/3 cups uncooked rice
- Vegetable stock, for cooking rice
- 1 cup chopped vegetables (Your choice!)
- 1-2 8oz. Jars tomato sauce
- Lemon Juice
- Cheese



### Directions (Preheat oven to 300 F):

1. Hollow out the peppers by cutting off the tops and removing the seeds, then rinse. Cook the rice according to the package instructions but replace the water with vegetable stock.
2. Place the peppers on a baking sheet and bake in the oven for 5 minutes to soften. Then, place the cooked rice in a large pot over low heat. Add the chopped vegetables and 1 to 1 1/2 jars of the tomato sauce. Stir continuously until well mixed. Add the lemon juice, to taste, and mix well. Spoon the rice mixture into the hollowed-out peppers, filling to the top.
3. Bake for 15 to 20 minutes. During the last 5 minutes add cheese.

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).

