

Welcome, CSA Member!



Meet Donald

What is your favourite part about working with the seedlings? The plants.

What is the most important thing you have learned through this experience?
How to work with the dirt.

My next goal: Is to work in the garden.

Fun fact: I am a big fan of the Monkees.



HEALTH BENEFITS

Celery can help lower high cholesterol, lower inflammation, prevent or treat high blood pressure, prevent ulcers, reduce bloating, boost digestion, protect from cancer, fight infections and prevent urinary tract infections.



Meet Angus

What is your favourite part about working at the farm? The mechanical/industrial work.

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

My next goal: To get a job as a mechanic.

Fun fact: I like bikes and old cars.



Tip of the Day!

Keep celery fresher, longer

To store celery, wrap it tightly in aluminum foil and refrigerate it. Celery can stay crisp for weeks this way. Why? The foil allows the ripening hormone ethylene to escape.

Recipe of the day: Celery With Tomatoes and Parsley

Ingredients:

- 1 bunch celery, trimmed and cut into 1-inch pieces
- 1 tablespoon extra virgin olive oil
- 4 garlic cloves, minced
- 1 14-ounce can chopped tomatoes in juice
- 3 tablespoons chopped flat-leaf parsley
- Pinch of sugar
- Salt and pepper to taste



Directions:

1. Place the celery in a steamer above 1 inch of boiling water. Cover and steam 5 minutes. Remove from the heat and drain.
2. Heat the oil over medium heat in a large, heavy skillet and add the garlic. Stir until it smells fragrant, about 30 seconds and add tomatoes, parsley, sugar and salt and pepper. Stir together, then stir in the celery. Cook for about 10 minutes.
3. Serve as a side dish or atop pasta.

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).

