

Welcome, CSA Member!



Meet Mason

What is your favourite part about working at the Farmer's Market? I like explaining what to do with the produce.

What is the most important thing you have learned through this experience? I learned to deliver good customer service.

My next goal: Is to be a Youth Pastor.

Fun fact: I am outgoing and fun!



HEALTH BENEFITS

Onions help improve immunity, regulate blood sugar, reduce inflammation and health infections, keep your heart healthy, help prevent cancer, reduce the risk for gastric ulcers, and their juice can help relieve pain and burning from a bee sting.



Meet Paulina

What is your favourite part about working with the seedlings? Getting work experience.

What is the most important thing you have learned through this experience? Not to let certain plants go to seed.

My next goal: Is to go to College.

Fun fact: I play guitar.



Tip of the Day!

To avoid painful, tearful eyes try these tricks:

1. Put the cutting board on the stove and turn on the overhead vent or microwave ventilation fan while cutting.
2. Freeze the onion for 15 mins or refrigerate for 30 mins before cutting.

Recipe of the day: Easy French Onion Soup

Ingredients:

- 2 tablespoons olive oil
- 2 cups sweet onions, sliced thin
- 4 cups beef broth
- 4 baguette slices
- Several slices of Swiss or Gruyere cheese



Directions:

1. Preheat oven to 450 degrees. Bake baguette slices in the oven while you prepare the soup.
2. In a large pot, heat the olive oil and cook the onions until very soft, 3-5 minutes. Pour the beef broth in the pot and season with salt and pepper. Simmer until hot.
3. Spoon the soup into medium ramekins and transfer them onto a cookie sheet. Turn the oven to broil and raise the oven rack to its highest position. Place a toasted baguette in the center of the soup and cover with cheese slices. Let broil until the cheese is melted and bubbling. Enjoy!

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).

