

Welcome, CSA Member!



Meet Mike



Meet Tom

TIP OF THE DAY

For easy skin removal, cut a line around the potato (just thick enough to cut through the skin). Then, boil the potatoes in a covered pot. This should take 30 minutes. Pour out the hot water and run cold water over the potatoes. Using your fingers and nails, you can now peel off the cooked skin of the potatoes and make mashed potatoes, potato salad, hash browns or anything else!

What is your favourite part about being an installer? Building the garden boxes.

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

My Next Goal: Is to find another job.

Fun Fact: I own a baking business called OHO (Other Healthy Options)!



What is your favourite part about being an installer? Putting in the gardens.

What is the most important thing you have learned through this experience? To be more cheerful and to listen.

My Next Goal: Is to become a better golfer.

Fun fact: I like to golf!



HEALTH BENEFITS

Potatoes may help lower blood pressure, maintain neurological health such as helping with depression and stress, help boost the immune system, helps maintain regular digestion, reduces risk of heart attack and stroke, and help keep skin smooth.



Recipe of the day: Parmesan Potato Wedges

Ingredients:

- 3-4 large potatoes, sliced into wedges
- 4 tablespoons olive oil
- 2 teaspoons salt
- 2 teaspoons garlic powder
- 2 teaspoons Italian seasoning
- 1/2 cup shredded parmesan cheese
- Optional: Fresh Parsley and Greek Yogurt for dipping

Directions:

1. Preheat oven to 375. Lightly grease a large baking sheet and set aside.
2. Place potato wedges in a large bowl. Drizzle with olive oil and toss to coat. In a small bowl whisk together salt, garlic powder, and Italian seasoning. Sprinkle potato wedges with the shredded cheese, tossing to coat, then sprinkle with the seasoning mixture.
3. Place potato wedges on prepared baking sheet in a single layer with skin-sides-down. Bake 25-35 minutes.

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).

