

Welcome, CSA Member!



What was your favourite part about working at the markets? Meeting new people.

What was the most important thing you learned through this experience? How ACCESS works and what we do.

Next Goal: Is to find new jobs to do.

Fun Fact: I am a hard worker and I like to learn new things.



HEALTH BENEFITS

Garlic can combat sickness, including the common cold, can reduce blood pressure, can improve cholesterol level which may lower the risk of heart disease, may help prevent Alzheimer's Disease and Dementia, improve bone health, and can detoxify heavy metals in the body.



What was your favourite part about working at the farm? Meeting new people.

What was the most important thing you learned through his experience? How to open up to new people and identifying vegetables.

Next Goal: Is to do the same job next year.

Fun Fact: I work out at the gym.



TIP OF THE DAY

When cooking with garlic be careful not to overcook or brown garlic when sautéing in oil. If overcooked it will become bitter and will not be pleasant. One way to limit your chances of overcooking your garlic is to avoid cooking the oil too high.



Recipe of the day: Famous Garlic Rub

Ingredients:

- 8 cloves garlic, minced
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons stone-ground mustard
- 1-1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon freshly grated lemon zest

Directions:

1. Combine garlic, oil, mustard, salt, pepper, and lemon zest in a small bowl. Using your hands, spread the rub evenly onto 1-1/2 pounds of your chosen meat or vegetable.



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).

