

CSA Member NEWSLETTER



Meet Matteo

Why did you want to work in the CSA program?

I like farming. My family lives on a farm and I want to be a farmer.

What is your favourite part of the job so far?

Picking crops.

Any big plans this summer?

I want to save money for a four wheeler.

Favourite healthy food?

Tomatoes.

Favourite job of the farm?

Pulling weeds.

RECIPE OF THE WEEK



Potato Salad with Radishes, Bok Choy & Dill

INGREDIENTS

- 2 lb potatoes (I used small red ones and left the skin on)
- 225 grams bok choy, stems and leaves, chopped finely
- 12-15 radishes, chopped finely
- 4 tbsp fresh dill, chopped finely
- 1/3 c olive oil
- 1/4 c cider vinegar
- 2-3 cloves garlic
- 1 tsp kosher salt
- 1 tsp sugar

DIRECTIONS

Cover potatoes with about an inch of water, bring to boil, reduce to simmer, cook until just tender. Plunge in cold water to stop the cooking. When cool, cut into 1/2" dice. Finely chop the bok choy, dill, and radishes. Suggestion: use the chopping blade of food processor and pulse it. Combine potatoes, bok choy, radishes, and dill weed. Mix oil, vinegar, garlic, salt and sugar. Pour over potato mixture, toss lightly to coat evenly. Makes about 15 half-cup servings. Number of Servings: 15

TIP: add in shredded carrots, diced green onions and cucumbers for more colour and texture!

Identifying What's in Your Bag?

Dill



Bok Choy



Garlic



Kale



Romaine Lettuce



Cucumber



Carrots



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).