

# CSA Member NEWSLETTER



Meet Neil

Why did you want to work in the CSA program?

*I wanted to make money to keep my truck running..*

What is your favourite part of the job so far?

*Pulling weeds and picking strawberries.*

Any big plans this summer?

*My family is getting an in-ground pool. I can't wait!*

Favourite healthy food?

*Sweet corn, apples and carrots.*

Favourite job of the farm?

*Pulling weeds or counting.*

More from Neil. *Working here is good experience and the people are nice.*

## RECIPE OF THE WEEK



### Roasted Turnip, Arugula & Goat Cheese Salad

#### INGREDIENTS

##### For Salad

- 2 cups turnip cubed (skin on)
- 1 teaspoon extra virgin olive oil
- salt and pepper to taste
- 4 cups baby arugula greens
- 1/4 cup unripened goat cheese crumbled
- 1/4 cup baby tomatoes halved
- 1/8 cup red onion finely diced
- roasted seeds/nuts (optional)

##### For Lemon Vinaigrette

- 1/2 lemon juiced
- 3 tablespoons extra virgin olive oil
- salt and pepper to taste

#### PREPARATION

Heat oven to 375. Wash and dry turnips, then cut into roughly 1 inch cubes. Toss in a bowl with olive oil, salt and pepper. Place on a foil-lined pan and bake uncovered for 30 minutes, or until they become golden brown and are cooked through (you can use a toothpick to test their doneness).

In a serving bowl, combine roasted turnips, baby arugula, tomatoes and red onion. In a

small mason jar, combine lemon juice, olive oil, salt and pepper. Seal lid tightly, and shake vigorously to emulsify. Toss salad with dressing, then finish with goat cheese and roasted seeds/nuts (optional). Serve immediately.



#### BONUS Recipe

##### Green Beans with Cilantro

- 2 cups green beans trimmed
- 1 teaspoon extra virgin olive oil
- 1 clove garlic - minced
- Tblspn snipped cilantro
- Salt & Pepper to taste

Steam green beans in a steamer for 8-10 minutes.

In a large skillet, heat olive oil then toss in green beans, garlic, salt and pepper. Cook 3-4 minutes, tossing occasionally. Top with snipped cilantro and serve warm.

## Identifying What's in Your Bag?

Green Beans



Cabbage

Cilantro



Turnip

Red Onion



Garlic

Arugula



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).