

# CSA Member NEWSLETTER



**Meet Seth**

Why have you decided to return for the second season CSA Season  
*I liked the job.*

How is this year different than last?  
*There are more people working, but it's still fun.*

Any big plans this summer?  
*I'm going to go fishing with my uncle.*

Favourite healthy food? *Sweet Potatoes.*

Favourite job of the farm? *Pulling out weeds.*

More from Seth  
*I have fun coming to work and I learn about farming.*

## RECIPE OF THE WEEK



### Roasted Yellow Bean, Red Onion and Beet Salad

#### INGREDIENTS

10 SERVINGS

- 10 large beets, trimmed
- 6 tablespoons extra-virgin olive oil
- 8 teaspoons chopped fresh cilantro
- Nonstick vegetable oil spray
- 4 red onions, each cut into 6 wedges
- 2 1/2 pounds slender yellow beans, trimmed, cut into 3-inch lengths
- 3 tablespoons balsamic vinegar

#### PREPARATION

Preheat oven to 400°F. Wrap beets tightly in foil. Place directly on oven rack. Roast until tender when pierced with knife, about 1 hour. Cool beets. Peel and quarter beets. Transfer to large bowl. Add 2 tablespoons olive oil, 2 teaspoons cilantro, salt and pepper; toss to coat. Spray 2 large rimmed baking sheets with nonstick spray. Divide onion wedges between prepared baking sheets. Brush onions on both sides with 2 tablespoons oil; sprinkle with 4 teaspoons cilantro, salt, and pepper. Arrange

onions cut side down and roast until golden brown on bottom, about 10 minutes. Turn onions over. Roast until golden brown and tender, about 10 minutes longer. Transfer to another large bowl. Divide yellow beans between same baking sheets. Drizzle beans with remaining 2 tablespoons olive oil, 1/4 cup water and 2 teaspoons cilantro. Sprinkle with salt and pepper. Cover tightly with foil and roast until almost crisp-tender, about 14 minutes. Uncover and continue to roast until water evaporates and beans are crisp-tender, about 5 minutes. Transfer to bowl with onions. DO AHEAD Beets, onions and yellow beans can be prepared 2 hours ahead. Let stand at room temperature. Drizzle onions and green beans with balsamic vinegar; toss to coat. Season to taste with salt and pepper. Top with beets and serve warm or at room temperature.

## Identifying What's in Your Bag?

Yellow Beans



Bok Choy

Cilantro



Beets

Chard



Zucchini

Green Onions



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).