

# CSA Member NEWSLETTER



## Did you Know?

The Access Nutrition Program offers Nutrition Workshops and Food Demonstrations. Call us to arrange a cooking activity for your group!



## RECIPE OF THE WEEK

### The Sweet/Savory Crunchy/Smooth Salad

#### INGREDIENTS

- 2 white beets
- 1 teaspoon fresh dill, chopped
- 1 teaspoon (or enough to lightly cover) plain olive oil
- 1 seedless tangerine
- 4 cups of salad mix, washed and dried.
- 1 small avocado, peeled and diced.
- 2 tablespoons toasted pinenuts
- 1 tablespoon basil olive oil
- 1-1/2 teaspoons aged balsamic vinegar
- Sea salt and fresh ground pepper to taste

#### PREPARATION

1. To roast the beets:  
Preheat the oven to 400 degrees. Trim the top and skinny bottom off of the beets. Peel, rinse, and dry. Slice the beets into circles about 1/2" thick. Lightly coat the beets in plain olive oil. Spread the beets in a single layer on a nonstick

baking sheet. Sprinkle with salt and pepper. Roast for about 20 minutes or until fork tender. Let cool. Cut each circle in half, and set aside for the salad. The beets can be roasted ahead.  
2. To slice the tangerines: Slice the tangerine into circles. Start by slicing off the rind at the top and bottom of the tangerine, and discard the rind. Take the remaining tangerine and slice it into 3 circles, each about 1/2" in thickness. Peel off and discard the rind around the perimeter of the circles. Divide each circle into triangular segments and set tangerine pieces aside for the salad.  
3. In a salad serving bowl, put in the lettuce, roasted beets, dill, segmented tangerines, avocado, and pinenuts. Drizzle salad with basil olive oil and aged balsamic vinegar. Lightly sprinkle with salt and pepper. Toss and serve immediately.

## Identifying What's in Your Bag?

Salad Mix	
Tomatoes	
Garlic	
Lunchbox Peppers	
Dill	
White Beets	
Yellow 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).