

CSA Member NEWSLETTER



Look what we're up to!

We do FUN, Nutrition Education! Is your group looking for a fun activity?

A SMOOTHIE Demonstration or Competition is always fun! How about a Community Kitchen?

We come to you (or a kitchen near you) and we cook together—something delicious and HEALTHY!

Contact choule@accesscounty.ca to help us!



RECIPE OF THE WEEK

Roasted Rosemary Eggplant



INGREDIENTS

- 1 eggplant
- ¼ cup olive oil
- 1 tablespoon shallots (finely chopped)
- 2 garlic cloves (minced)
- 1 tablespoon fresh rosemary (finely chopped)
- 1 tablespoon fresh thyme leaves
- ¼ teaspoon salt
- 1/8 teaspoon pepper

PREPARATION

Preheat the oven to 425° F.

Cut the ends and peel the eggplant. Cut in half and score the eggplant about 1/3 of the way through making a nice cross pattern.

Combine olive oil, shallots, garlic, rosemary, thyme, salt and pepper in a mixing bowl and stir very well.

Place the eggplant into a casserole dish or

roasting pan and then brush liberally with the olive oil mixture. Make sure to brush in all of the score marks that you cut.

Now transfer to the oven and roast until the eggplant is nicely browned all over.

Remove from the oven and serve as the vegetable portion of a meal or use as a snack on its own.

VARIATION

Wanna turn this roasted eggplant into a super yummy dip...take one half roasted eggplant and combine in a food processor or blender with ¼ cup plain yogurt, ¼ teaspoon paprika and 1 teaspoon lemon juice and puree until smooth.

Use the dip in place of mayo on your sandwich or wrap.

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Identifying What's in Your Bag?

Salad Mix



Radish



Potatoes



Green Pepper

Rosemary



Eggplant

Tomatoes



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).