

Abby's Eats: CSA-mazing

This summer, I'm eating local and organic. Not from the purple sticker section of Loblaws, nor am I growing a garden on the roof of my low-rise apartment building.



Abby Feferman

I've signed up for Shores's Holy Sprouts Community Supported Agriculture (CSA) Program. Every Tuesday between 3:30 p.m. and 6:30 p.m., I head over to Temple Holy Blossom on Bathurst where a farmer awaits me with his wares, freshly picked and separated lovingly into bundles. A team of friendly faces, led by Shores executive director Risa Alyson Cooper, greets me and I walk away with a week's worth of fresh veggies and eggs.

Amazing right?

Discoveries thus far:

- 1) Parsnips taste wonderful with lots of cumin
- 2) Spinach stalks can be a foot in length
- 3) Organic radishes are as strong as *maror*
- 4) I will definitely be partaking in this veggie love-in next year.

(They also have a Thursday pick up at a North of the GTA location – the Lebovic Campus.)

For more information, please go to www.shores.ca

