



# CSA Newsletter

WEEK 4 • FALL 2023

## Member Updates

This week marks the halfway point of our Fall CSA! Is it just us, or is the season flying by?! We're excited to introduce some winter squash to our Small shares this week, and we look forward to spreading the cool weather crop love to other share sizes in future weeks! Thanks to the unseasonably warm temperatures, we still have plenty of peppers, tomatoes, herbs, and more to share with you! Don't miss the recipes on p. 2 to help you make the most of your veggie harvest!

PICK-UP INFORMATION: Please adhere to the designated pick-up time from 1:00pm to 3:00pm on your chosen day. Our Day Program participant pick-up is at 2pm each day. Thank you for your patience if you arrive at this time! If you are unable to pick up your box during the designated hours, please contact us as soon as possible to make other arrangements. If your box is not picked up, we will donate it.

CUSTOMER SERVICE NEEDS: If you have questions or concerns throughout the season, contact Beth Kuntz-Wineland, our Gardens Specialist, at [bkuntzwineland@bittersweetfarms.org](mailto:bkuntzwineland@bittersweetfarms.org) or 419-875-6986 ext. 1205.

## Veggies of the Week

PAPRIKA PEPPERS  
EGGPLANT  
CARMEN PEPPERS  
BELL PEPPERS  
EDIBLE NASTURTIUM  
FLOWERS & LEAVES  
LEMON BALM  
TOMATOES  
CINNAMON BASIL  
LUNCHBOX PEPPERS  
FLORAL BOUQUET





## Gardens Team Highlights

This week's MVP award goes to Austin, pictured on p.1! He took on the task of cleaning your edible nasturtium flowers and greens, which was quite a project given our no-spray growing practices. Not only that, he did it with a huge smile, taking pride in the opportunity to prepare beautiful food for you! He hopes you enjoy it!

As you can see above, Jonathan and Jennie worked in partnership to harvest paprika and bell peppers this week. We are amazed by our prolific pepper plants this year, and we hope you are enjoying the opportunity to cook with a diversity of pepper varieties this fall!

Kenny (pictured at right, above) assisted with watering this week, which always takes a village, especially as temperatures remain warm! Thanks for your help, Kenny!

Finally, a little known fact about the Gardens Team! Did you know that on Mondays, our participants volunteer at the Rover Come Over Doggy Daycare in Monclova? This week, Phil (pictured at right, below), Keerston, and Tom volunteered. This community volunteer site provides additional preparation for community employment within our program...plus a whole lot of fun with our furry friends!

## Weekly Meal Inspiration

[Roasted Paprika Peppers in Extra Virgin Olive Oil](#)

[Nasturtium Flower and Leaf Pesto](#)

[Radish and Herb Salad with Tomatoes and Strawberries](#)

**"I added mint to the floral bouquets so they smell good!"**

-KEERSTON

