



# Bittersweet Gardens

CSA NEWSLETTER

## Spring Season, Week 1 What's In My Share?\*

Carrots	Spinach
Beets	Asparagus
Potted Basil	Rosemary
Turnips	Lettuce
Radishes	Chives
Kale	Sage

See back for farm fresh recipes using this week's harvest!

\*Remember to rinse your veggies before use!

## CSA Updates and Information

Welcome to Bittersweet's 2021 Spring CSA! We are thrilled to welcome both new faces and returning members! For those of you new to the CSA this year, each week you can look forward to fresh, wholesome produce that has been seeded, transplanted, grown, and harvested by the Bittersweet Gardens team! Each week you will receive this weekly digital newsletter, which will include your weekly produce list, recipes using this week's produce, and team highlights.

As a reminder, if you receive a Medium or Large share, please bring your box back each week to be sanitized and reused. If you receive a Small share, please recycle or dispose of your paper bag at home. **For an overview of our sanitization protocols in light of COVID-19, [click here](#).**

To all members, please remember to adhere to the designated pick-up time at Bittersweet Farms in Whitehouse from 1:00 p.m. and 3:00 p.m. on your chosen day. If for some reason you cannot pick-up your box during these designated hours, please contact us as soon as possible to make other arrangements. **Prior to picking up, please familiarize yourself with our [safe, contactless pick-up protocols](#).**

We hope you enjoy the bountiful harvest this season. As always, thank you for being a part of Bittersweet's CSA program! Your share is so much more than a produce purchase-- it is an investment in our mission to positively impact the lives of individuals with autism.

If any questions arise, feel free to be in touch with Lindsay Nagy, our Retail Coordinator, at [lnagy@bittersweetfarms.org](mailto:lnagy@bittersweetfarms.org) or 419-875-6986 ext. 1235.

## Gardens Team Highlights

Each week in this section of your newsletter, you will find stories about the people who made the produce in your share possible. At Bittersweet, we love to say that teamwork makes the dream work, and that was definitely the case this week! Here are just a few highlights:

- Bob and Beth (at right, above) worked in partnership to record the produce harvested.
- Phil and Stacy (at right) triple washed spinach for Large shares
- Tom (on back at right) worked to bundle your turnips
- Mike (on back, second from left) harvested radishes for Medium and Large shares

...and so much more! Our weekly harvest is the result of months of work by our participants and Gardens staff. At Bittersweet, we are proud to grow from seed to harvest, providing meaningful paid employment to individuals with autism along the way. Your CSA purchase makes this possible and we can't wait to introduce you to more of our team as the season continues!



*The mission of Bittersweet, Inc. is to positively impact the lives of individuals with autism and those whose lives they touch.*

## Honey Butter Garlic Roasted Carrots

### Ingredients

1 lb carrots	1 1/2 tbsp honey
4 tbsp butter	Sea salt to taste
2 cloves minced garlic	Pepper to taste
Fresh parsley	2 tbsp olive oil

### Instructions

1. Chop carrots to desired size and add them to a large bowl. Add olive oil, salt and pepper and mix.
2. Preheat oven to 425 degrees.
3. Place carrots evenly in casserole dish. Bake for 15 minutes.
4. While carrots are cooking, prepare honey garlic butter mix on stove. Add butter and minced garlic and continually whisk. Add in honey and continue to whisk until it starts to brown.
5. Remove carrots from oven, pour mixture over carrots, and place back in the oven for 20 minutes. Check carrots and toss them around halfway through.
6. Top with fresh parsley and serve!

## Sesame Roasted Turnip Salad with Quinoa

### Ingredients

1 large turnip (or 2-3 small)	2 tsp honey	1 cup cooked quinoa
1 clove garlic, minced	1/4 tsp sea salt	1/4 cup scallions, diced
1 tbsp olive oil	1 tbsp soy sauce	2 tsp sesame seeds
2 tsp sesame seeds	2 tbsp minced cilantro	2 tbsp rice vinegar
	4 to 5 handfuls lettuce	1 tsp toasted sesame oil

### Instructions

1. Preheat oven to 375 degrees.
2. Cut turnips into 1/4" cubes and place in a bowl. Add minced garlic, olive oil, sesame seeds, honey, and sea salt: toss until well combined.
3. Spread turnips out into a single layer in a roasting pan and bake for 25-30 minutes until caramelizing and turnips are tender.
4. Remove turnips from oven and add the soy sauce and cilantro to the roasting pan. Let cool.
5. To assemble salad, toss the cooled turnips with the lettuce, cooked quinoa, scallions and sesame seeds. Whisk together the vinegar and sesame oil then pour over the salad. Toss until everything is well combined.

## Roasted Beet Hummus with Basil Pesto

### Ingredients

2 medium beet	1/4 cup olive oil
2 (15 oz) cans chickpeas, drained with liquid reserved	2 lemons, juiced
1/3 cup chickpea liquid (or more, as needed)	1 clove garlic
1/2 cup tahini	1/2 tsp salt

### Garnish (Optional)

[Basil Pesto \(click for recipe\)](#)  
Parsley  
Olive Oil

### Instructions

1. Preheat your oven to 400 degrees fahrenheit.
2. Cut the stems of the beets, leaving approximately 2 inches attached. Wash the beets, lightly coat in olive oil, place in a covered cast iron pan or other baking dish and roast in the oven for 50-60 minutes.
3. Remove the beets from the oven and slice the tail and stem off the beets.
4. Add the chickpeas, chickpea liquid, tahini, lemon juice, olive oil, garlic, salt and beets to a high-powered blender or food processor. Blend for one minute or until smooth and creamy.
5. Transfer the beet hummus to a serving bowl and if desired, garnish with basil pesto, parsley, and a drizzle of olive oil.

