



# Bittersweet Gardens

CSA NEWSLETTER

## Spring Season, Week 2 What's In My Share?\*

Carrots  
Beets  
Potted Marigold  
Lettuce  
Kale  
Oregano

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

\*Remember to rinse your veggies before use!

## CSA Updates and Information

We hope you enjoyed the first week of your Spring CSA share! This week, we're all about those Spring roots, greens, and fresh herbs! We have a bountiful harvest of beets and carrots and are thrilled to share them with you again this week! If you are having trouble using all of them right away, great news: these roots will keep well for a few weeks wrapped in their plastic bag in your produce drawer! We also have a couple creative recipes to jump start your beet and carrot consumption this week...we're "rooting" for you!

A few reminders as we get into the swing of the CSA season: 1) If you receive a Medium or Large share, please bring your box back each week to be sanitized and reused. 2) If you aren't able to pick up your share, you are welcome to have someone else pick up your share. If your share is not picked up and we haven't heard from you, no fear- your veggies will be donated and not wasted! 3) If you haven't already, please take a moment to review our [safe, contactless pick-up protocols](#).

If any questions arise this week, please contact Beth Kuntz-Wineland, Gardens Specialist, at 419-875-6986 ext. 1205 or [bkuntzwineland@bittersweetfarms.org](mailto:bkuntzwineland@bittersweetfarms.org).

## Gardens Team Highlights

It's been a busy week here at Bittersweet Gardens! Lynn (above) is new to working in Gardens and she's been having a blast learning new vocational skills and assisting with the CSA. This week, she's been busy with watering and preparing fresh herbs for your shares! When she's not working in Gardens, you can find Lynn creating colorful animal-inspired artwork.

Autsin (at right) is a seasoned member of our Gardens team, and this week he worked independently to harvest greens for your share. When he's not working in Gardens, Austin also loves working in Creative Arts, where he specializes in weaving earthy, colorful rugs out of Farm-sourced wool.

Cece (second page, center) also made some amazing contributions to your share this week, too! She independently harvested, washed, and prepared the turnips for our Large shares. Cece and Austin also worked in partnership to harvest the carrots for all of our shares and trim the leaves off of the root veggies you'll be enjoying this week. Cece is all about #FarmLife! When she isn't busy gardening, you can find her developing her groundskeeping skills (mowing, anyone?) or taking care of her bunnies at home!

Our final highlight this week is Phil (second page, at right)! Phil has worked at Bittersweet for over 30 years, so he knows the importance of planning ahead for the growing season. This week, he weeded beds to prepare them for planting. We have great things in store for the rest of this season, as well as Summer and Fall, and we can't wait to share them with you!



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

## Beet Veggie Burgers

### Ingredients

2 medium beets, peeled (about 2 cups)  
1 cup walnuts  
1/2 cup rolled oats  
1/4 cup ground flax seed  
2 cloves of garlic  
1 tsp dried rosemary

1/2 tsp dried thyme  
1/4 tsp cinnamon  
1/4 tsp cayenne (optional)  
1/2 tsp sea salt  
1 cup canned white beans, rinsed  
1 tablespoon low-sodium tamari or soy sauce

### Instructions

1. Preheat the oven to 375 degrees and line a baking sheet with a silicone mat or parchment paper.
2. Finely grate the beets using a food processor attachment or handheld grater. Set aside. Quickly clean out the processor, then re-attach it to the base with an S-blade attachment. Add the walnuts, oats, flax, garlic, all dry spices, and salt. Process until a slightly coarse flour forms. Add the shredded beets, beans, and tamari to the food processor and blend until combined, scraping the sides of the device with a spatula as necessary. It's okay if there are still some pieces of beans or beets left – this will add texture!
3. Scoop out the burger "batter" to form patties; I used a 1/2 cup measure to make 6 large patties. Use slightly damp hands to flatten and shape the burgers, then place on a baking tray.
4. Bake for 20 minutes, then flip the burgers and bake for 15-20 minutes, until the edges are crispy and browned.
5. Serve as desired; leftovers will keep in the fridge for up to 5 days, or can be frozen for up to two months

## Fresh Herb Italian Dressing

### Ingredients

3/4 cup good quality olive oil  
1/4 cup white vinegar  
1 tbsp fresh squeezed lemon juice  
2 tsp fresh finely chopped basil

2 tbsp fresh finely chopped Italian parsley  
2 tsp fresh finely chopped oregano  
1 tsp fresh finely chopped thyme

2 tbsp finely chopped red onion  
1/2 tsp sea salt  
2 pinches fresh ground pepper

### Instructions

1. Mix all ingredients together in bowl and whisk to combine. Shaking in a small jar also works well.
2. Allow at least 30 minutes before serving to allow the flavour of the herbs to infuse the oil, and serve with your favorite salad greens!

## Carrot Cake Energy Bites

### Ingredients

1 cup carrots, peeled and chopped  
1/2 cup walnuts  
2 tbsp flaxseed meal  
2/3 cup desiccated coconut  
1 cup oats  
1/4 tsp ginger

2 tsp cinnamon  
1/2 cup soft pitted dates (if dry, soak in hot water for 10 minutes to soften and drain prior to using)  
1/4 almond butter or peanut butter  
1 tsp vanilla  
1 tbsp maple syrup, optional

### Instructions

1. Place the peeled, chopped carrots in food processor and pulse to form finely shredded carrot pieces. Remove and set aside.
2. Add all the dry ingredients to food processor and blend on high until nuts, oats, and coconut turn into a flour.
3. Add in almond butter, vanilla, maple syrup (optional), the carrot pieces, and the soft pitted dates. Blend on high speed again until it forms a sticky dough.
4. Scoop out dough and roll between your hands to form golf size balls. This recipe should make approximately 16 balls.
5. Roll each ball into unsweetened desiccated coconut and place on a plate covered with parchment paper.
6. Refrigerate 15 minutes to firm up, or enjoy right away!

