



# Bittersweet Gardens

CSA NEWSLETTER



## CSA Updates and Information

This week, our harvest reflects the changing seasons! Along with the crisp, cooler fall weather comes delicious autumn veggies! But the summer veggies are not gone quite yet! Our week three shares feature late summer goodies like tomatoes and peppers alongside the first of our fall root veggie staples...radishes! Don't think you like radishes? We dare you to try one of the recipes at right...you just might change your mind!

**PICK-UP INFORMATION:** Please remember to adhere to the designated pick-up time at Bittersweet Farms in Whitehouse from 1:00pm to 3:00pm 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. In accordance with our CSA policy, if your box is not picked up, we will donate it.

**MARKET SHOPPING HOURS:** As a reminder, for Fall CSA you are invited to pick up your CSA share INSIDE the Market at Bittersweet Gardens! The Market is also open for shopping from 1:00pm-3:00pm if you need any additional Bittersweet produce, cookies, art, or merch!

**CUSTOMER SERVICE NEEDS:** Feel free to be in touch with Beth Kuntz-Wineland, our Gardens Specialist, at [bkuntzwineland@bittersweetfarms.org](mailto:bkuntzwineland@bittersweetfarms.org) or 419-875-6986 ext. 1205.

## Gardens Team Highlights

This week, we have a VERY special highlight celebrating one of the commitments of Bittersweet Gardens: growing all of our veggies and herbs from "seed to harvest." The philosophy of Bittersweet Farms emphasizes meaningful & motivating work. Our founder, Bettye Ruth Kay, found that tasks and processes with clear beginnings, middles, and endings were among the most meaningful, motivating, and accessible for individuals with autism. Growing veggies from seed to harvest is a perfect example-- participants seed at the beginning of the season; transplant, water, and weed in the middle; and finally harvest the fruits of their labor at the end of the growing season.

The radishes in your share this week were seeded this spring by John and Kenny (pictured above). They and the other members of the team tended the radishes all summer long, and just this week, John and Kenny were THRILLED to harvest them. Just look at John's big smile with the radish he grew from seed! Every veggie you enjoy as a Bittersweet CSA member was grown with love using this meaningful process. Your investment in our participants enables them to grow veggies and skills all year long in the Gardens Program. We know there are many wonderful CSA programs to choose from, and we are so grateful you chose Bittersweet. Your membership makes a difference! Thank you.

## Fall Season, Week 3

### What's In My Share?

- |                  |                    |
|------------------|--------------------|
| Watermelon       | Swiss Chard        |
| Radishes         | Tomatoes           |
| Butternut Squash | Genovese Basil     |
| Okra             | Thai Basil         |
| Sweet Peppers    | Decorative Bouquet |
| Banana Peppers   |                    |

*Remember to rinse your produce before use!*

### Farm Fresh Recipe Links

[Garlic Parmesan Roasted Radishes](#)

[Radish Salsa](#)

[Basil Pesto Hummus](#)

[Summer Tomato Pesto & Grilled Corn Gnocchi](#)



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