



Bittersweet Gardens

CSA NEWSLETTER

Summer Season, Week 4 What's In My Share?*

Patty Pan Squash	Chard
Big Beef Tomatoes	Basil
Cucumbers	Jalapenos
Okra	Cherry Tomatoes
Zucchini	Cantaloupe
Lettuce	Watermelon

See page 2 for farm fresh recipes using this week's harvest!

*Remember to rinse your produce before use!

CSA Updates and Information

It's week 4 and we have a sweet surprise in store: our melons ripened EARLY this year! All share sizes will be receiving a watermelon this week, and the Medium and Large shareholders get to sample our cantaloupe this week as well!

This week, we're also featuring patty pan squash! For some of you, this might be your first time encountering this whimsical, delicious yellow and green squash! Patty pan is a summer squash with a mild flavor. To prepare it, cut off the top stem, cut in half, and then slice thinly (roughly 1/4 inch thick) or dice into roughly 1/2 inch cubes. Then you can roast or saute the squash pieces along with oil, salt, pepper, and your favorite spices! We've provided a recipe on the back to help you flex your creative cooking muscles, too!

With many folks traveling, a friendly reminder that if for some reason you cannot pick-up your box on your designated pick-up day, please contact us as soon as possible to make other arrangements. If we don't hear from you, we will donate your share and look forward to seeing you the following week!

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

Gardens Team Highlights

In addition to seeding, transplanting, watering, weeding, harvesting, and so much more...did you know that our participants also love assisting with customer service in Gardens?! Mike (pictured at right, above) has been honing his customer service skills by answering the phone on CSA pick-up days, checking customer names off our list, and delivering shares to your vehicles. He prides himself on learning new skills and looks forward to greeting you each week!

Darin (pictured at right, below) was a huge help with sanitizing the Gardens building in preparation for packing your shares this week. In addition, Darin harvested cucumbers for all of our shares!

Since the melons are the star of the show this week, we also want to highlight the teamwork that made them possible! The melons were seeded by Bob a few months ago, have been watered and nurtured by the whole team, and this week Bob and Conor worked in partnership to harvest them for you to enjoy!

Our mission is to positively impact the lives of individuals with autism and those whose lives they touch. Our CSA program is one of many ways we achieve this mission together, and we are so glad YOU are part of our Farm family.



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Pico de Gallo

Ingredients

4 roma tomatoes
OR 1-2 large tomatoes
2/3 cup white onion, diced
1 bunch cilantro, chopped

1 jalapeno pepper, deseeded
and finely chopped
1 lime, juiced
1/2 tsp salt

Instructions

1. Prepare all ingredients as listed above, add to a bowl, and stir to combine.
2. Allow to marinate in the fridge if desired and serve with tortilla chips!

Watermelon Salad with Cucumber and Feta

Ingredients

2 tbsp extra virgin olive oil
1 tbsp mint, chopped, to taste,
plus more for garnish (optional)
1 tbsp lime juice
1/4 tsp fine sea salt, to taste

1 pinch black pepper, to taste
3 cup watermelon, cut into cubes
1 cup cucumber, sliced and quartered
1/3 cup feta cheese, crumbled,
plus more for garnish (optional)

Instructions

1. In a large bowl, whisk together extra virgin olive oil, mint, lime juice, sea salt, and pepper until oil and lime juice have combined.
2. Add watermelon, cucumber, and feta cheese to bowl. Use a spatula to gently toss ingredients until completely coated in dressing.
3. Serve watermelon salad immediately with fresh feta and mint as garnish (optional).

Patty Pan Squash Stuffed with Basil Orzo

Ingredients

2 medium patty pan squash
Olive oil
1 cup orzo, cooked and cooled
2 tbsp whole milk ricotta cheese

2 tbsp Romano cheese, grated
6 fresh basil leaves, chopped
1/4 tsp sea salt
1/8 tsp black pepper

Instructions

1. Preheat the oven to 400 degrees F. Trim the stem off the squash to create a flat surface. Coat them in olive oil and place them stem side down in a baking dish. The bake time will vary greatly depending on the size of the squash, 30-40 minutes.
2. After 30 minutes, insert a fork in the flesh to ensure that it is tender and remove from the oven if done. If not yet tender, keep in oven another 10 minutes. After removing squash from the oven, set aside until cool enough to handle.
3. In a bowl mix together the cooked orzo, cheeses, basil, salt and pepper. Set aside.
4. Using a small paring knife, carefully cut the top off of each squash. Gently scrape out some of the seeds using a spoon to create a bowl to hold your filling. Scoop half of the filling into each squash. Return to the oven and bake 5 to 7 minutes longer until everything is heated through.
5. Serve and enjoy!

