



# Bittersweet Gardens

CSA NEWSLETTER

## Fall Season, Week 4

### What's In My Share?

- |                |                    |
|----------------|--------------------|
| Cantaloupe     | Orange Mint        |
| Radishes       | Celery             |
| Green Onions   | Nasturtium Flowers |
| Banana Peppers | Garlic             |
| Green Tomatoes | Kale               |
| Genovese Basil | Decorative Bouquet |
| Cucumbers      |                    |

*Remember to rinse your produce before use!*

### Farm Fresh Recipe Links

[Fried Green Tomato Pie](#)

[Roasted Radish and Herbed Ricotta Omelet](#)

[Nasturtium Butter](#)

[Green Onion Dip](#)



## CSA Updates and Information

This week, we're seeing GREEN! Green onions, green tomatoes, and more! We're also including edible, peppery nasturtium flowers in each share this week. Check out the recipes at right to get started with your local culinary adventures...enjoy!

**PICK-UP INFORMATION:** Thank you for adhering 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

Our first team highlight this week is the green onion crew!! With an abundance of green onions on our hands (a great problem if you ask us!), it took teamwork to tame and prepare them for your enjoyment! Cece was on harvest duty, and Austin (pictured above) and Matt (pictured at right, below) helped to clean and trim the green onions in your share. Green onions are Matt's favorite vegetable, so this is one of his favorite tasks!

As you can see, our kale harvest for the large shares was also a team effort. Rodney (pictured at right, above, left side of photo) and Aaron (pictured at right, above, right side of photo) had a blast harvesting together in the hoop house. Our philosophy emphasizes partnership not only between participants and staff, but also participants and their peers, so we love to see this!

In addition to preparing your CSA share, we have also been busy preparing for winter! This week after harvesting tomatoes, Gino pulled the tomato plants, weeded the beds, and started planting kale and chard for our winter growing season. Phil also joined in with transplanting winter greens. It's hard to believe that winter is right around the corner, but it is!

If you are interested in purchasing our winter veggies after the CSA season ends, you have two options! You can drop by the Market at Bittersweet Gardens (open Tues. & Thurs. from 1pm-3pm and Fri. from 11am-3pm) or you can find our produce at Phoenix Earth Food Co-Op in Toledo or Seasons' Eatings in Napoleon! But don't worry...we still have four weeks of CSA left!

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