



# Bittersweet Gardens

CSA NEWSLETTER

## Spring Season, Week 5 What's In My Share?\*

- |              |                 |
|--------------|-----------------|
| Green Onions | Sugar Snap Peas |
| Red Cabbage  | Sage            |
| Cauliflower  | Lettuce         |
| Broccoli     | Basil           |
| Turnips      | Potted Parsley  |
| Asparagus    |                 |

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

\*Remember to rinse your veggies before use!



## CSA Updates and Information

Have you ever wondered what our production line looks like as we put together your CSA share? Check out the candid behind-the-scenes snapshot above! Many hands make light work in Gardens! Harvesting, rinsing, weighing, packaging each item, packing bags and boxes, and checking each item off the list is quite a process, and teamwork makes it all possible.

This week's shares feature plenty of variety...Spring greens, brassicas, herbs, and more! We're especially excited to share our fresh cauliflower with you. Unlike tomato plants that produce LOTS of fruit, cauliflower plants only produce one head each season, so this is a very special week! We hope you can feel ALL the love and care we put into them this growing season!

Speaking of growing seasons...have you signed up for our future CSA seasons yet? We're sold out for Summer, but we still have a few Small shares left for Fall! If you haven't joined our Fall CSA yet and would like to, [click here](#).

Questions about your share? Please contact Lindsay Nagy, Retail Coordinator, at [lnagy@bittersweetfarms.org](mailto:lnagy@bittersweetfarms.org) or 419-875-6986 ext. 1235.

## Gardens Team Highlights

One of the things that makes Bittersweet's farmstead model so unique and advantageous for individuals with autism is the variety of meaningful tasks available each day. The Gardens area is a perfect example of this diversity! This week, our participants were busy doing everything from transplanting, watering, weeding, and harvesting to cleaning, sanitizing, and customer service! This diversity gives them the opportunity to choose tasks they enjoy, that fit their strengths, and that move them closer to their individual goals.

This week, Keerston (pictured at right, above) transplanted some gorgeous red romaine lettuce, which we can't wait to enjoy this Summer! Keerston is a long-time member of the Gardens team and is known for her work ethic and spunky, positive personality! She's a dog lover, and in her spare time, she runs a small business boarding dogs. We are so glad she's on the team!

Lynn (pictured at right, below) has been honing her customer service skills by working the phones for our Thursday CSA pick-up! As you can see above, she's also a master at checking off the inventory for our shares! Lynn is an artist and has a passion for portraying animals in clay and on canvas. Her creativity is unmatched and she brings that great energy to Gardens, too!

Phil (pictured on page 2 at left) and Gino (pictured on page 2 at right) also played important roles in preparing your share today! Phil and Cindy worked in partnership to triple rinse and package your romaine lettuce, and Gino independently harvested the gorgeous turnips our Medium and Large shareholders will be enjoying this week!



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

## Walnut Sage Pesto

### Ingredients

1 cup fresh sage, leaves only	1 cup walnuts
1 cup fresh Italian parsley, stems & leaves	1/2 cup olive oil
4 cloves garlic	2 tbsp lemon juice
1/2 tsp black pepper	1/4 cup water

### Instructions

1. Add the sage, parsley, garlic, black pepper and walnuts to a food processor.
2. Puree in the food processor for 15 seconds, then add the lemon juice.
3. Turn the food processor back on and add the olive oil through the pour spout as the ingredients process.
4. Add the water while continuing to puree for an additional 30-60 seconds or until all ingredients are combined.
5. If the pesto is too thick, add one tablespoon of water at a time until the desired consistency is reached.
6. Use immediately or store in the refrigerator in an airtight container for up to one week.

## Baked Buffalo Cauliflower

### Ingredients

1 large head of cauliflower, cut into small florets	1 tbsp olive oil
1/2 cup Frank's Red Hot Sauce	1 tbsp fresh lemon juice
2 tbsp butter, melted (can substitute olive oil or vegan butter to make vegan)	1/2 tsp garlic powder
	1 tsp salt

### Instructions

1. Preheat oven to 425 degrees F and line a large baking sheet with parchment paper. Set aside. Transfer cauliflower florets to a large bowl.
2. In a small bowl whisk together the hot sauce, melted butter, olive oil, lemon juice, garlic powder, and salt. Whisk well to combine. Pour the hot sauce mixture over the cauliflower florets and toss well to coat.
3. Spread the cauliflower in a single layer over a lined baking sheet and bake for 25-30 minutes, gently tossing the cauliflower approximately halfway through cooking. Cook until the cauliflower is fork-tender and browned around the edges. Season with black pepper, if desired.
4. Serve hot with ranch or other dipping sauce (optional).

## Noodles with Broccoli, Carrots, and Red Cabbage

### Ingredients

1 tbsp canola or olive oil	2 tbsp water
3 cups broccoli cut into florets	1 tbsp rice vinegar
1 cup julienne-cut carrots	1 tbsp brown sugar
2 cups thinly shredded red cabbage	1 tsp Sriracha
1 9.5-oz package noodles such as soba, somen, udon or ramen	1 tsp fresh grated ginger
3 tbsp soy sauce	1/4 cup chopped cilantro

### Instructions

1. In a large skillet set over medium heat, heat the oil. Once hot, add the broccoli, carrots and cabbage. Saute, stirring occasionally, until tender (about 8-10 minutes).
2. Meanwhile, heat a pot of water to boiling and cook the soba noodles according to package instructions.
3. In a small bowl, whisk together the soy sauce, water, rice vinegar, brown sugar, Sriracha and ginger.
4. Combine the sautéed vegetables and cooked soba noodles. Pour the sauce over. Toss to combine. Top with cilantro and enjoy!

