



Bittersweet Gardens

CSA NEWSLETTER



Summer Season, Week 6

What's In My Share?*

- | | |
|---------------|-------------------|
| Pumpkin | Green Onions |
| Cantaloupe | Eggplant |
| Blue Potatoes | Bell Peppers |
| Cucumbers | Kale |
| Beets | Cherry Tomatoes |
| Zucchini | Big Beef Tomatoes |
| Rosemary | |

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 6, and the warm, wet weather continues to surprise us! This week brings the grand entrance of some of our favorite early Fall crops: pumpkins and blue potatoes! Have you ever roasted a whole pumpkin before to make your own pumpkin puree? If not, we've included instructions on page 2 to get you started!

Every year in farming brings unique challenges, and one of those challenges for us this year was an invasion of Colorado potato beetles! These pests ate our potato plants quickly, but we were able to salvage some for you and hope you enjoy the special treat this week! Make sure you wash these colorful spuds well before you cook them-- we left them unwashed so they will last longer for you!

With COVID-19 cases continuing to climb locally, we want to remind you about our **safe pick-up protocols** and thank you for your cooperation in wearing your masks and staying in your vehicle. This helps to keep our participants and YOU safe and healthy, which is our top priority!

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

The blue potatoes you are enjoying this week have been a team project all season long. Earlier this year, Bob and Tom planted them in the field. The whole team worked in partnership to water and weed, although we'll be honest, the weeds got the best of us this year! Finally, Bob (pictured at right, above), Austin (pictured at right, above), and Conor worked together to dig the potatoes for you to enjoy!

For individuals with autism, the most meaningful and motivating tasks have a clear beginning and end, observable progress along the way, and a rewarding end result. Growing produce from seed (or spud!!) to harvest, like we did with the blue potatoes and all of your veggies, is a perfect example! Bob's smile in the photo at right says it all!

The participants continue to hone their customer services skills, too! Dan and Tom (pictured at right, below) have been answering phones and delivering shares to our members on Thursdays when they are working in the Market! While the Market is not yet open for in-person shopping, we've begun training a group of participants for the day- hopefully soon!- when we are able to open. They're learning to use the cash register, take inventory, and more! And don't forget that the virtual Market is open for shopping all day every day! We are happy to have your order ready when you pick up your CSA! [Click here](#) to fill your cart and support our mission!



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

Make Your Own Pumpkin Puree

Ingredients

Whole pumpkin(s)

Instructions

1. Preheat oven to 325 degrees F.
2. Cut the pumpkin in half. Scoop the guts and seeds out. Disregard the guts, save the seeds to make roasted pumpkin seeds later on if you'd like. Put pumpkin face down in a shallow baking pan. Fill pan with 1/4 inch water.
3. Bake for 1 hour. Remove from oven and allow to cool to touch. Cut the skin away from pumpkin, it should almost pull right off. Disregard skin. Cut pumpkin into chunks and let cool.
4. Place in food processor or blender and pulse until smooth. Use in recipes or freeze for later usage.

Pumpkin Rosemary Hummus

Ingredients

2 cloves garlic, roasted	1 tbsp pure maple syrup
2 tbsp extra virgin olive oil, plus more for serving	1/2 tsp finely minced fresh rosemary (or more to taste)
2 tbsp water	salt to taste
1 can chickpeas, rinsed & drained	roasted pumpkin seeds, for garnish (optional)
2/3 cup pumpkin puree	several sprigs of fresh herbs for garnish (optional)

Instructions

1. Puree all ingredients, except the minced rosemary, in a blender or food processor until smooth. If necessary, add a little more oil or water to achieve a creamy consistency.
2. Stir in the minced rosemary and mix until well combined. Transfer to a serving bowl. Garnish with a small amount of olive oil drizzle. Add some roasted pumpkin seeds and/or fresh herb sprigs, if desired.
3. Serve with warm grilled naan, pita bread, fresh veggies or crackers.

Summer Squash Soup

Ingredients

1 tbsp olive oil	3/4 tsp cumin powder	pinch cayenne pepper (optional)
1/2 cup minced yellow onion	1/2 tsp smoked paprika, plus extra for topping	1/4 cup dry white wine
2 cups finely diced yellow summer squash	1/2 tsp coriander	2 cups low-sodium vegetable broth
1 cup peeled and diced yukon gold potato	1/2 tsp turmeric	1/4 cup coconut milk, plus extra for topping
1/4 cup diced carrot	1/4 tsp mustard powder	Salt to taste
1 clove garlic, minced	1/4 tsp cinnamon	Cilantro for topping

Instructions

1. Heat a heavy-bottomed pot over medium-low heat. Add the olive oil followed by the onions. Cook until the onions are fragrant and translucent, 4 to 5 minutes. Stir in the squash, potato, and carrot. Continue to cook for until the squash begins to soften, 5 minutes or so. Stir in the garlic, cook for a minute then add in all the spices, cooking for another minute more.
2. Add the wine, scrapping up any pieces stuck to the bottom. Allow some of the wine to cook out then measure in the vegetable broth. Bring to a boil, reduce to a simmer, and let cook until the potatoes are tender, 10 to 15 minutes.
3. Puree the soup using a blender or an immersion blender. Add in the coconut milk and continue to heat the soup until hot. Taste and add salt as needed. Divide into two bowls and top with a drizzle of coconut milk, sprinkle of paprika, and cilantro.

