



Bittersweet Gardens

CSA NEWSLETTER

Spring Season, Week 6 What's In My Share?*

Fennel	Nasturtium Flowers
Red Cabbage	Lettuce
Green Onions	Basil
Cauliflower	Garlic
Kale	

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

*Remember to rinse your veggies before use!

Celebrate Possibilities with Us

The 7th Annual Celebrating Possibilities, a virtual event presented by Dana, is taking place this Thursday evening! The event includes a **Virtual Silent Auction**, which is open from now until Friday at midnight. [Click here](#) to browse over 100 items handcrafted by Bittersweet participants and donated by local businesses and place your bids!

We're also offering Farm-to-Table with Bittersweet, an exclusive virtual farm-to-table cooking class featuring Bittersweet produce! The class will take place on Thursday at 5:30pm and will be led by Gardens Specialist Beth Kuntz-Wineland, who is a certified plant-based chef, with Executive Director Dustin Watkins serving as assistant chef! Tickets are \$50 and include a curated ingredient list and Zoom access for your entire household or dinner party. [Click here](#) to purchase your tickets today!

Finally, we'll be offering two FREE live streamed elements on Thursday night: a Virtual Petting Zoo in the Bittersweet Barn at 7:00pm and live music by Jim Boedicker in the Bittersweet Pavilion at 7:30pm. Both of these will take place on [Facebook Live](#). We'd love to "see" you there!

Flowers and Plants for All

You may have seen on social media that we received an extremely generous donation of flowers and plants from Foertmeyer & Sons Greenhouse (pictured at right below)! We have planted many of them on the Farm, but still have LOTS of flowers and plants left over, so we're happy to share! **Please take as many as you can use when you pick up your share this week!** If you'd like to make a donation in exchange for the plants, [click here](#) and write "plants" in the comments box. For cash or check donations, call Lindsay at ext. 1235 when you arrive.

Gardens Team Highlights

As always, this week's harvest has been a team effort! Today, we wanted to highlight some of the behind-the-scenes contributions that keep our CSA program running smoothly.

In addition to being a master harvester, Mike (pictured above at right) is a proud member of the Groundskeeping team and loves to utilize that expertise to assist in Gardens. This week, he mowed all around the hoop houses and fields, providing easy access for our Gardens workers.

Phil (pictured on p.2 at left) has been working diligently to prepare our raised beds and transplant veggies we'll enjoy later in the growing season. Summer and Fall members, rejoice!

Finally, Cece (pictured on p.2 at right) has been assisting with our sanitization protocols to keep everyone safe and healthy! Even before the pandemic, we had strict sanitizing procedures for our harvest crates and other tools, and we are so grateful for her help in getting the job done!



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

Roasted Garlic Miso Soup with Greens

Ingredients

2 heads of garlic
2 tbsp olive oil
6 cups water or vegetable broth
3 to 4 tbsp white miso, to taste
4 cups kale, chopped

pinch of red pepper flakes, garnish
squeeze of lemon, optional
sliced green onions
himalayan salt to taste

Instructions

1. Preheat oven to 400 degrees F. Remove outer layer of skin from garlic. Place bulbs on a piece of tin foil large enough to fold over and close tight. Drizzle 1 tbsp olive oil over each bulb and close the tin foil. Bake for 45 – 50 minutes. Let cool for 10 minutes.
2. Place roasted garlic in large pot and crush it with a wooden spoon. Add liquids, turn heat to medium-low. Add miso and stir to incorporate the paste. Add in greens and let wilt until deep dark green, about 5 – 10 minutes.
3. Top with chopped green onions, a slice of lemon, and a pinch of red pepper flakes.

Nasturtium Herb White Pizza

Ingredients

1 lb ball of pizza dough, or store bought/homemade dough of choice
sprinkle of corn meal
2 tsp olive oil
1/4 tsp dried herb seasoning
1/8 tsp garlic salt
3/4 cup whole fat ricotta cheese

1/2 lb fresh mozzarella ball, sliced
1/4 cup cherry tomatoes, sliced
5 leaves basil, chiffonaded (or more to taste)
1 tbsp basil flowers, optional
1 loose handful small nasturtium leaves and/or flowers
freshly ground black pepper

Instructions

1. Preheat oven to 350 degrees F. Allow dough to come to room temperature. Roll into rough circle. Dust bottom with cornmeal, place on baking sheet. Drizzle with olive oil evenly over top, using a pastry brush (or fingers) to make sure the crust edge is coated.
2. Bake approximately 15–20 minutes or until dough is browned. Top with herb blend and garlic salt. Spread ricotta cheese in an even layer, leaving the outer rim of crust uncovered. Add sliced fresh mozzarella to the top. Broil until mozzarella spreads and melts and bubbles.
3. Remove from oven and top with basil, tomatoes and nasturtium leaves with freshly ground black pepper.

Arugula, Apple, and Fennel Salad

Salad Ingredients

3 cups baby arugula
1 head lettuce, torn
1 Granny Smith apple, thinly sliced
1 small fennel bulb, thinly sliced, fronds chopped and reserved
1/2 cup chopped toasted walnuts

Dressing Ingredients

1 small shallot, finely chopped
1 tbsp fresh lime juice
1 tbsp fresh lemon juice
2 tsp honey

1 tsp Dijon mustard
1/2 tsp kosher salt
1/4 tsp white pepper
1/4 cup extra-virgin olive oil

Instructions

1. Whisk together the shallots, citrus juices, honey, mustard, salt and pepper; let stand for 2 minutes. Add the extra-virgin olive oil in a slow, steady stream, whisking until blended. Set aside the dressing.
2. Toss together the arugula, lettuce, apple, fennel bulb and walnuts in a large bowl. Set aside the salad.
3. Add the dressing to the salad and toss. Divide the salad evenly among 4 plates, serve with crostini or bread.

