



# CSA Newsletter

WEEK 3 • FALL 2023

## Member Updates

Welcome to week three of your Fall CSA! This week's harvest features late summer staples, such as peppers and tomatoes, plus herbs and more! As always, on p.2 you will find stories about the people who grew, cared for, and harvested your veggies, as well as recipes to inspire your culinary adventures. Enjoy!

PICK-UP INFORMATION: Please adhere to the designated pick-up time from 1:00pm to 3:00pm on your chosen day. Our Day Program participant pick-up is at 2pm each day. Thank you for your patience if you arrive at this time! If you are unable to pick up your box during the designated hours, please contact us as soon as possible to make other arrangements. If your box is not picked up, we will donate it.

CUSTOMER SERVICE NEEDS: If you have questions or concerns throughout the season, contact Beth Kuntz-Wineland, our Gardens Specialist, at [bkuntzwineland@bittersweetfarms.org](mailto:bkuntzwineland@bittersweetfarms.org) or 419-875-6986 ext. 1205.

## Veggies of the Week

RADISHES  
EGGPLANT  
BANANA PEPPERS  
CARMEN PEPPERS  
BELL PEPPERS  
MINT  
TOMATOES  
BERGAMOT  
GARLIC  
FLORAL BOUQUET





## Gardens Team Highlights

This week, we're excited to introduce you to a never-before-featured team member...Jerry (pictured above)! Jerry typically works in Horticulture and Creative Arts, but this week he lent a hand with watering the seedlings in Gardens! Thanks, Jerry!

Tom (pictured on p.1) harvested eggplant for our Small and Large shares and was delighted to show them off! He has also been helping with watering and tying up plants to maximize their growth. Gino (pictured at right, below) helped clean the radishes for the Medium and Large shares and harvest tomatoes for all share sizes. He has also been busy planting winter crops, as he loves to transplant seedlings.

Finally, Mike (pictured at right, above) has been contributing his wide range of skills all around the Farm this week! In Gardens, he has been mowing down the fields to cover for the winter in order to prevent weeds. We love to see him utilizing his Groundskeeping skills in this way. Finally, in Creative Arts, he has been monster busy creating festive Halloween seasonal ceramic pieces! He would love if you checked them out in the Market when you pick up your CSA share this week!

## Weekly Meal Inspiration

[Sweet Peppers Stuffed with Cauliflower Rice](#)

[Tomato Salad with Mint](#)

[Smashed Rosemary Garlic Roasted Radishes](#)

**"I stamped all of these ceramic tiles."**

-MIKE (PICTURED IMMEDIATELY BELOW)

