



# CSA Newsletter

WEEK 4 • SUMMER 2023

## Member Updates

Welcome to week 4 of your Summer CSA! Our summer harvest is officially in full swing and we're thrilled to share peppers and tomatoes with all share sizes this week.

The tomato harvest was possible in part thanks to the partnership of our Pemberville Transition Program! The students' education includes life skills development and vocational exploration, including greenhouse gardening. They are proud to share some of the produce they grow with the CSA Program, and this week, their contribution enabled us to include tomatoes in all share sizes. Thank you, Pemberville students!

PICK-UP REMINDERS: Please remember to 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, 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

CUCUMBERS  
LEEKs  
CELERY  
BELL PEPPERS  
EGGPLANT  
PAPRIKA PEPPER  
CHARD  
TOMATOES  
LEMON BALM  
CINNAMON BASIL  
FLORAL BOUQUET





**"My favorite part of working in Gardens is weeding!"**

-CECE (PICTURED AT LEFT)

## Gardens Team Highlights

This week, we're excited to feature Austin (pictured at right, above) and John (pictured at right, below)! Both of these gentlemen are right-hand team members in Gardens and are key to our success.

Austin enjoys contributing his strength to the team! He can often be found using a wheelbarrow to transport compost, weeds, and more! He is also an expert at spotting weeds and helping keep our raised beds as weed-free as possible.

In addition to watering, John loves assisting with the whole spectrum of gardening tasks. Lately, this has included helping with clipping up tomato plants so they can reach for the sky and assisting with harvesting veggies for your share.

Additional teamwork this week included: Darin helping create this week's harvest list, Jonathan harvesting peppers and tomatoes, Cece (pictured above) harvesting cucumbers, Gino weeding, and Ben sanitizing equipment!

## Weekly Meal Inspiration

[Strawberry, Blueberry, and Cinnamon Basil Salad](#)

[Cucumber Cream Cheese Spread](#)

[Heirloom Tomato Galette](#)

