



CSA Newsletter

WEEK 7 • SUMMER 2023



Member Updates

Can you believe it's the second to last week of our Summer CSA season?! Don't worry...we aren't done celebrating summer staples just yet! This week's bounty includes peppers, tomatoes, green onions, and gorgeous flowers in all share sizes! Be sure to check page 2 for your weekly dose of culinary inspiration!

TEMPORARY CHANGE TO PICK-UP PROCESS: Out of an abundance of caution, we are continuing with our curbside pick-up process again this week. When you arrive, a member of the Gardens Team will be outside to greet you. They will take your name, retrieve your share, and deliver it to your vehicle. We will continue to communicate updates as they are available.

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 or 419-875-6986 ext. 1205.

Veggies of the Week

SQUASH
GREEN PEPPERS
CARMEN PEPPER
GREEN ONIONS
TOMATOES
BASIL
LEMON BALM
GARLIC
FLOWERS





"My favorite thing to do in Gardens is harvesting peppers."

**-DARIN
(PICTURED BELOW, TOP PHOTO)**



Gardens Team Highlights

We often share what we're harvesting, but gardening requires planning and preparation, too! This week we have been busy planting the seeds for a successful Fall CSA season...literally!

Austin and Mike (pictured at right, below) worked in partnership to clear hoop house beds in preparation for fall planting. Then Gino (pictured above) seeded beets and radishes, which should be ready to enjoy by the end of our Fall CSA season. Darin (pictured at right, above) and Gino labeled the stakes to mark the beds and the whole team worked together to water in the newly planted seeds. We can't wait to see what the fall harvest brings!

As we turn over beds from one crop to the next, here at Bittersweet we practice crop rotation. By strategically planting different types of crops in a given bed each season, we are able to nourish rather than deplete the soil. This results in healthier, more nutrient dense veggies for you to enjoy!

Weekly Meal Inspiration

[Afghan Bolani Stuffed Flatbreads](#)

[Black Pepper Tofu](#)

[Roasted Garlic Hummus](#)

