



# Bittersweet Gardens

CSA NEWSLETTER



## Summer Season, Week 1 What's In My Share?\*

Cucumbers	Kale
Fennel	Chard
Beets	Nasturtium Flowers
Green Onions	Basil
Sugar Snap Peas	Chives
Green Beans	Hot Wax Peppers
Potted Lettuce	Cherry Tomatoes

See page 2 for farm fresh recipes using this week's harvest!

\*Remember to rinse your veggies before use!

## CSA Updates and Information

Welcome to Bittersweet's 2021 Summer CSA! We are thrilled to welcome both new faces and returning members! For those of you new to the CSA this year, each week you can look forward to fresh, wholesome produce that has been seeded, transplanted, grown, and harvested by the Bittersweet Gardens team! Each week you will receive this weekly digital newsletter, which will include your weekly produce list, recipes using this week's produce, and team highlights.

As a reminder, if you receive a Medium or Large share, please bring your box back each week to be sanitized and reused. If you receive a Small share, please recycle or dispose of your paper bag at home. **For an overview of our sanitization protocols in light of COVID-19, [click here](#).**

To all members, please remember to adhere to the designated pick-up time at Bittersweet Farms in Whitehouse from 1:00 p.m. to 3:00 p.m. on your chosen day. If for some reason you cannot pick-up your box during these designated hours, please contact us as soon as possible to make other arrangements. **Prior to picking up, please familiarize yourself with our [safe, contactless pick-up protocols](#).**

We hope you enjoy the bountiful harvest this Summer! As always, thank you for being a part of Bittersweet's CSA program! Your share is so much more than a produce purchase-- it is an investment in our mission to positively impact the lives of individuals with autism.

If any questions arise, feel free to be in touch with Lindsay Nagy, our Retail Coordinator, at [lnagy@bittersweetfarms.org](mailto:lnagy@bittersweetfarms.org) or 419-875-6986 ext. 1235.



## Gardens Team Highlights

Each week in this section of your newsletter, you will find stories about the people who made the produce in your share possible. We love to introduce you to our participants and share about their passions inside and outside of work! Here are a few highlights from this week:

- Gino (pictured above) harvested fennel for all of our shares
- Phil (pictured at right, above) rinsed cilantro for our Small shares and harvested basil for our Medium and Large shares
- Matt (pictured at right, below) harvested sage for our Small shares

...and so much more! Each weekly harvest is the result of months of work by our participants and Gardens staff. At Bittersweet, we are proud to grow from seed to harvest, providing meaningful paid employment to individuals with autism along the way. Your CSA purchase makes this possible and we can't wait to introduce you to more of our team throughout the Summer!



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

## Cucumber Caprese Salad

### Ingredients

3 Roma tomatoes, chopped (can substitute 1 cup cherry tomatoes, halved)	1 cup fresh mozzarella cheese, pearls or diced
2 cups cucumber chopped	1 cup fresh basil
1/2 cup red onion chopped	2 tbsp olive oil
	1 tsp salt
	1/2 tsp black pepper

### Instructions

1. Add the tomatoes, cucumber, onion, basil, fresh mozzarella, olive oil, salt and pepper to a large bowl.
2. Mix well and serve. You may also allow the mixture to marinate in the fridge prior to serving.

## Shaved Fennel and White Bean Salad

### Salad Ingredients

1 large or 2 small bulbs fennel  
1 1/2 cup cannellini beans  
1 lemon, halved  
2 cups arugula

### Vinaigrette Ingredients

1/4 cup kalamata olives, pitted  
1 tsp dijon mustard  
1 clove garlic  
Juice of half a lemon

1/4 cup extra virgin olive oil  
3 tbsp flat leaf italian parsley  
1/4 tsp fine sea salt  
Black pepper to taste

### Instructions

1. Slice the fennel bulbs in half and remove the tough core. Using a mandolin or sharp knife thinly slice the fennel in rounds or half moons and place in a salad bowl.
2. Squeeze over the juice of 1/2 a lemon and add the white beans. Toss lightly together.
3. Add all the vinaigrette ingredients to a small blender and pulse until combined. Taste and adjust seasoning as needed.
4. Add vinaigrette to the bowl and toss with beans and fennel. Add arugula and toss, then top with black pepper and lemon zest. Add extra flat leaf parsley or fennel fronds for more greens!

## Garlic Herb Butter

### Ingredients

1 bulb garlic  
1 cup chopped fresh herbs of choice  
2 sticks salted butter (substitute non-dairy butter if vegan)

### Instructions

1. Preheat oven to 400F and take the butter out of the fridge to soften at room temperature.
2. Remove paper-like coat of bulb of garlic and cut about 1/3 of the top part off to expose all cloves, make sure to leave the bulb intact.
3. Drizzle a couple of drops of oil over each clove and wrap bulb in aluminum foil.
4. In the meantime, wash and spin dry herbs and then de-stalk them. Chop herbs finely until you have about 1 cup of chopped herbs.
5. Add chopped herbs, roasted soft garlic and softened butter to a bowl and mash and mix with a fork until very well combined. Make sure to mash the roasted garlic nicely into the butter.
6. Store in an air-tight container in the fridge.

