



Bittersweet Gardens

CSA NEWSLETTER

Fall Season, Week 1

What's In My Share?

Watermelon	Banana Peppers
Cantaloupe	Eggplant
Cucumbers	Tomatoes
Carmen Pepper	Basil
Yellow Squash	Chives
Celery	

Remember to rinse your produce before use!

Farm Fresh Recipe Links

[Whole Wheat Cantaloupe Muffins](#)

[Easy Banana Pepper Salsa](#)

[Tomato Cucumber Avocado Salad](#)

[Basil Chickpea Curry](#)



CSA Updates and Information

Welcome to your Fall CSA at Bittersweet Farms! We are thrilled to welcome both new faces and returning members! For those of you new to our CSA, 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.

PICK-UP INFORMATION: Please remember to adhere to the designated pick-up time at Bittersweet Farms in Whitehouse from 1:00pm to 3:00pm on your chosen day. Day Program participant pick-up takes place at 2:00pm, so you may want to aim to arrive before or after that time to avoid traffic. 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. In accordance with our CSA policy, if your box is not picked up, we will donate it.

NEW THIS SEASON! MARKET PICK-UP: New this season, CSA pick-up will take place **INSIDE the Market at Bittersweet Gardens!** When you arrive, please park, put on a mask, lock your car, and join us inside the Market where a member of the team will be eager to assist you. The Market will also be open for shopping from 1:30-3:00pm...so plan your trip accordingly if you need any art, additional produce, cookies, or more!

CUSTOMER SERVICE NEEDS: For this season, please direct any customer service needs to Beth Kuntz-Wineland, our Gardens Specialist. Feel free to be in touch with her as needed at bkuntzwineland@bittersweetfarms.org or 419-875-6986 ext. 1205.

BOX/CRATE RETURNS: If you receive a Medium or Large share, please bring your box back each week to be reused. If you receive a Small share, simply recycle your paper bag at home.

Gardens Team Highlights

Each week in this section, we introduce you to the people behind your produce! This week, we're highlighting John (pictured at right, above), Matt (pictured at right, below, on left side of photo), and Aaron (pictured at right, below, on right side of photo). John and Kenny harvested the delicious melons in your share! John also assisted with watering, rinsing lettuce, and packaging produce this week! John is a valued member of the Gardens, Barn, and Creative Arts teams on the Farm, and his huge smile and kind spirit light up any room (as you can see!).

Matt and Aaron are housemates and best friends, which makes them an excellent team in Gardens! This week, they worked in partnership to water our plants, harvest veggies, and make deliveries to our local retail and corporate partners! One of Matt's goals is to develop his customer service skills, so participating in deliveries is an important part of his week!

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