



# Bittersweet Gardens

CSA NEWSLETTER

## Summer Season, Week 2

### What's In My Share?\*

Cucumbers	Parsley
Carrots	Lettuce
Fennel	Jalapeno Peppers
Broccoli	Cherry Tomatoes
Zucchini	Basil
Radishes	Garlic
Bell Peppers	

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 week 2 of your Summer CSA! We hope you enjoyed your fresh herbs and veggies last week. If this is your first season with us, you will see that each week's harvest features a different variety and unique bounty. This week is all about the roots...carrots, beets, garlic, and more! Summer staple cucumbers are making an appearance in all share sizes this week, too.

Wondering what to make with the veggies in your share? Each week, we provide three recipes using some of the veggies in your share. You can find them on page 2 of this digital newsletter. We hope they inspire you to explore new heights in farm-to-table cooking!

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.

Thanks to each of you for arriving during your designated pick-up times. As a reminder, weekly CSA pick-up takes place 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.

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

As always, this week's share was a team effort in Gardens! Harvesting and preparing the carrots alone was a partnership between SEVEN participants! Bob and Phil harvested, Charlie, Conor, and Phil trimmed the tops, Gino (pictured on p.2 at left) washed them, and Mike was the final "quality control" check. Partnership is one of the four pillars of Bittersweet's philosophy, and we love to see the participants working in partnership not only with staff, but also with one another!

Several others contributed to this week's shares as well! Keerston harvested radishes, removed the tops, and harvested tomatoes. Darin (pictured at right, below) worked with Robin to harvest and bundle basil for our Medium and Large shares. Matt (pictured at right, above) harvested green peppers for the Medium and Large shares and worked with Nicky to sort tomatoes for the Larges. Finally, Phil assisted with sanitizing harvest crates, one of his favorite jobs!

If you can believe it, this is only a small glimpse into what happens in Gardens on a given week, and there are even more team members who contribute! Each of these names and faces is a life that is positively impacted by your decision to be a Bittersweet CSA member. Thank you.



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

## Spicy Garlic Dill Refrigerator Pickles

### Ingredients

- |   |  |
|---|--|
| 2 pint-sized jars with lids                     | 1/2-1 tsp crushed red pepper flakes, to taste, divided |
| 2 cucumbers, scrubbed & sliced into thick coins | 1 tbsp sugar   |
| 8 cloves of garlic, peeled & smashed, divided   | 1 tbsp salt  |
| 2 handfuls of fresh dill, to taste, divided     | 2/3 cup vinegar  |
| 1 tbsp coriander seeds, divided                 | 1 cup water  |
| 1 tbsp peppercorn seeds, divided                |  |

### Instructions

1. Place four cloves of smashed garlic, a large handful of fresh dill, 1 1/2 teaspoons of coriander seeds, 1 1/2 teaspoons of whole peppercorns, and 1/4-1/2 teaspoon of crushed red pepper flakes, to taste, into each jar.
2. In a large bowl, combine the sugar, kosher salt, and white vinegar together. Whisk vigorously until the sugar and salt have completely dissolved. Add the water to the mixture and mix well.
3. In the two clean mason jars, tightly pack the cucumber coins into each jar. Once full, pour the brine mixture evenly over the cucumbers. Tap the jars on the counter to release any air bubbles and top off the jar with extra water if any cucumbers are exposed.
4. Place the lids on the jars and screw on the rings until they are tight. Leave the jars in the fridge for 24 hours before tasting. The pickles last up to one month refrigerated.

## Paleo Carrot Cake Muffins

### Ingredients

- |                                 |  |
|---------------------------------|--|
| 2 cups fine ground almond flour | 3 eggs, room temperature   |
| 1/2 tsp salt                    | 1/4 cup coconut oil, melted and cooled                                       |
| 1/2 tsp baking soda             | 1/4 cup honey (or maple syrup)   |
| 1 tsp cinnamon                  | 1 cup finely shredded carrots  |
| 1/2 tsp nutmeg                  | optional ingredients: 1/2 cup chopped pecans,<br>1/4 cup unsweetened coconut |

### Instructions

1. Preheat oven to 350 F. Line a cupcake pan with 10 paper liners; set aside.
2. In a large mixing bowl, whisk almond flour, salt, baking soda, cinnamon, and nutmeg. Add eggs, oil, and honey. Stir in the shredded carrots. If desired, stir in optional ingredients.
3. Pour batter (about 1/4 cup) into your 10 paper liners. Bake for 20-22 minutes or until the center is set. Remove from the oven and cool completely before serving. Store in an airtight container in the refrigerator or the freezer.

## Kale Salad with Apples, Cranberries, and Pecans

### Salad Ingredients

- 1/2 cup pecans, toasted and chopped
- 8 oz kale, stemmed and chopped
- 4 to 5 medium radishes, thinly sliced
- 1/2 cup dried cranberries, chopped
- 1 medium Granny Smith apple, cut in bite sized pieces
- 2 oz soft goat cheese

### Dressing Ingredients

- 3 tbsp olive oil
- 1 1/2 tbsp apple cider vinegar
- 1 tbsp smooth Dijon mustard
- 1 1/2 tsp honey or maple syrup
- Sea salt and freshly ground pepper, to taste

### Instructions

1. Combine salad ingredients in large bowl. In a small bowl, whisk dressing ingredients together.
2. Pour dressing over salad ingredients, toss until evenly coated, and allow salad to marinate for 10-12 minutes before serving.
3. Enjoy!

