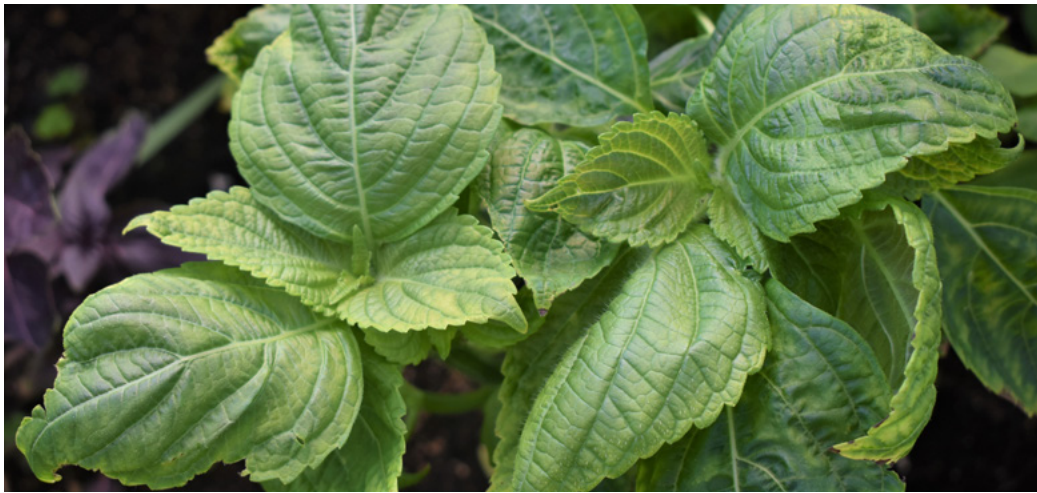




# Bittersweet Gardens

CSA NEWSLETTER



## CSA Updates and Information

We hope you enjoyed the first week of your Summer CSA! This week, we have a rainbow of summer goodness for you to savor...red beets, green cucumbers, sweet yellow peppers, and so much more!

This week, our Medium and Large shares include a brand new herb to experience: shiso (pictured above)! Shiso is a Japanese botanical herb similar to mint. We've included a recipe at right that includes shiso to inspire your culinary adventure, and for our Small shareholders, feel free to substitute fresh mint or leave out the shiso in the watermelon salad recipe! Enjoy!

**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. 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 the CSA policy you received via email, if your box is not picked up, we will donate it.

**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.

## Gardens Team Highlights

One thing that sets our Community Supported Agriculture (CSA) program apart is the opportunity it provides for individuals with autism to develop and practice customer service skills! Several of the adults who work in our program have specific goals to improve their customer service skills, whether their dream is to eventually work in the community or to continue contributing at the Farm.

On our CSA pick-up days, the participants provide nearly 100% of the customer service to our members. From greeting you outside (see photo of Keerston at right, above), to answering your calls when you arrive (see photo of Lynn at right, below), to delivering your share curbside with a smile, they truly do it all! The participants also provide customer service when we deliver produce to our local business partners. They provide courtesy calls prior to delivery and proudly package and deliver the produce they have grown from seed to harvest. Your investment as a CSA member makes this skill-building possible. Thank you!

In addition to providing customer service, the participants have been busy harvesting, watering, weeding, and more! This week's cucumbers and scallions were harvested by Cece, Darin has been on watering and weeding duty, and Gino harvested your banana peppers. This is just a small snapshot of the teamwork so far this week, and we hope you enjoy the fruits of their labor!

## Summer Season, Week 2

### What's In My Share?

Beets	Carmen Pepper
Carrots	Scallions
Eggplant	Lemon Basil
Turnips	Okra
Cucumbers	Swiss Chard
Kale	Shiso
	Sweet Banana Peppers

*Remember to rinse your produce before use!*

### Farm Fresh Recipe Links

[Beet Salad with Cucumbers, Feta, and Dill](#)

[Easy Banana Pepper Salsa](#)

[Lemon Basil Pasta Salad](#)

[Watermelon Salad with Cucumber, Scallions, and Shiso](#)



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