



Bittersweet Gardens

CSA NEWSLETTER



CSA Updates and Information

This week for the first time in the 2022 growing season, we are welcoming African Blue Basil to our CSA line-up! This hybrid basil has a strong, earthy flavor and is packed with nutrients to support healthy immunity and protein digestion, including vitamins A, C, and K, antioxidants, manganese, magnesium, calcium, and iron. You can use it as you would any other basil, but we have also included a recipe at right to jump start your enjoyment of this herb!

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.

MARKET SHOPPING HOURS: As a reminder, for Fall CSA you are invited to pick up your CSA share INSIDE the Market at Bittersweet Gardens! The Market is also open for shopping from 1:30pm-3:00pm if you need any additional Bittersweet produce, cookies, art, or merch!

CUSTOMER SERVICE NEEDS: Feel free to be in touch with Beth Kuntz-Wineland, our Gardens Specialist, 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

This week, we have three team highlights! The first is Ben (pictured at right, above), a veteran member of the CSA Team. Ben has been lending a hand in Culinary for much of the summer, and we're excited to see him back in Gardens! This week, Ben harvested and prepared the African Blue Basil featured in all share sizes. He takes pride in packaging veggies professionally to provide our CSA members with the best customer experience possible.

Our second feature is Mike (pictured at right, below). Mike harvested the celery for our Medium shareholders this week. In addition to contributing in Gardens, he has also been busy with end of summer mowing as a proud member of the Groundskeeping Team!

Finally, we wanted to thank our Horticulture/Gardens Habilitation Program for their assistance with our melon field this season! This program aims to prepare participants for vocational work in Gardens/CSA, so we love partnering with them on tasks. John, Hunter, and others have been faithfully watering the melons you will enjoy this week, and we are so thankful for their help!

Fall Season, Week 2 What's In My Share?

- Watermelon
- Butternut Squash
- Tomatoes
- African Blue Basil
- Sage

Remember to rinse your produce before use!

Farm Fresh Recipe Links

[African Blue Basil & Arugula Pesto](#)

[Creamy Orzo Pasta with Roasted Butternut Squash and Sage](#)

[Tomato, Peach, & Corn Salad](#)

Watermelon Popsicles



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