



# Bittersweet Gardens

CSA NEWSLETTER

## Summer Season, Week 3 What's In My Share?\*

Cucumbers	Green Onions
Melon	Cherry Tomatoes
Broccoli	Jalapeno Pepper
Kale	Parsley
Okra	Lettuce
Green Beans	Patty Pan Squash

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

\*Remember to rinse your veggies before use!

## CSA Updates and Information

It's week 3 and we are seeing GREEN! Lettuce, green onions, and cucumbers are gracing all of our shares this week, and other green giants include hot wax peppers, kale, chard, jalapeno peppers, parsley, green beans, and okra! So much green goodness!

Have you been wondering how we decide which veggies go in our different sized shares each week? Our Large shares receive the largest quantity and the biggest variety of veggies, and we do our best to rotate the veggies we have available to provide variety within the Medium and Small shares as well. When we have limited quantities of a veggie ready, we will often include it in Large/Medium shares one week and then include it in our Small shares the following week when we are able to harvest more. No matter which size share you chose, we hope you enjoy the variety of veggies and herbs each week...and as the season continues you can look forward to new delights as they're ready to harvest!

With many folks traveling this Summer, a friendly reminder that if for some reason you cannot pick-up your box on your designated pick-up day, please contact us as soon as possible to make other arrangements. If we don't hear from you, we will donate your share and look forward to seeing you the following week!

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

We have been welcoming more participants back to our Day Program, which means more hands to help out in Gardens! Here are just a few of the participants and staff who made this week's harvest possible:

- Phil and Keerston harvested carrots and trimmed the tops off, Austin (pictured at right, above) weighed them, and Gabe (pictured at right, below) helped package them.
- Keerston independently harvested cucumbers, patty pan squash, and green beans.
- Matt helped sanitize crates and the Gardens building in order to keep our team and our members safe and healthy!
- Gino and Keena worked in partnership to harvest, clean, trim, and bunch green onions.
- Gabe worked independently to harvest broccoli and hot wax peppers.

Bittersweet's philosophy brings together partnership and independent work. We believe that working in partnership fosters the confidence and skills needed for participants to branch out and work independently, and we love to see this process unfold in the Gardens program!



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

## Savory Scallion Pancakes

### Pancake Ingredients

1 1/2 cups all purpose flour  
1/2 cup green onions, thinly sliced  
cooking oil for frying  
1/2 tsp salt  
3/4 cup water  
1 tsp minced garlic

### Dipping Sauce Ingredients

1/4 cup soy sauce  
3 tbsp rice vinegar  
2 tsp chili paste (to taste)  
1 tsp sesame oil  
1 1/2 tsp sugar  
2 tsp fresh ginger, minced  
1 tsp sesame seeds  
2-3 tbsp green onions, thinly sliced

### Instructions

1. Combine flour, butter, salt, and minced garlic in a bowl or food processor. Add 1/2 cup water and mix to combine, and then add 1 tbsp water more until the dough comes together.
2. Knead dough on flour-dusted cutting board for 1-2 minutes. Cover and set aside for 20-30 minutes.
3. Combine dipping sauce ingredients in a bowl and stir to combine.
4. Divide dough into 3 equal portions, roll them into 9-10 inch wide circles, and brush with cooking oil. Then, sprinkle chopped green onions evenly on top of each pancake, roll it tight into a log, and coil the log into a spiral circle. Press gently to flatten, and then roll into a 4-5 inch wide circle, dusting with flour if the dough becomes sticky.
5. Heat your skillet, add 1 tsp of oil, add pancake, and cook until golden brown. Each time you add a pancake or flip, add 1 tsp of cooking oil.
6. Brush butter or oil on cooked pancakes, slice into triangles, serve with dipping sauce, and enjoy!

## Chickpea Salad

### Salad Ingredients

1 can chickpeas, drained and rinsed  
1 pint grape or cherry tomatoes, halved  
1 cucumber, cut into quarter moons  
1/2 cup onion, chopped  
1 cup diced mozzarella cheese  
salt and pepper, to taste

### Dressing Ingredients

3 tbsp olive oil  
2 tbsp balsamic vinegar  
1 tsp sugar  
1/2 tsp garlic powder  
1/2 tsp dried basil  
1/2 tsp dried oregano  
salt and pepper, to taste

### Instructions

1. Combine the chickpeas, tomatoes, cucumbers, and onions in a large bowl. In a small bowl, whisk together the olive oil, balsamic vinegar, sugar, garlic powder, basil, oregano, and salt and pepper to taste.
2. Pour the dressing over the chickpea mixture, toss to combine. Add the mozzarella cheese and combine. Season to taste.
3. Allow to marinate in refrigerator for an hour, and then enjoy!

## Brown Sugar Baked Carrots

### Ingredients

10-12 Carrots, peeled and halved  
salt & pepper to taste  
1 tsp cinnamon  
1/4 cup brown sugar  
4 tbsp butter, diced  
Chopped parsley for garnish (optional)

### Instructions

1. Preheat oven to 350 degrees. Place carrots on baking sheet with oil or parchment paper and sprinkle with salt, pepper, cinnamon, and brown sugar. Stir on baking sheet to coat carrots. Melt butter and pour it over the carrots.
2. Roast for 25-30 minutes or until the carrots are cooked through. About half way through, mix the carrots up to ensure even baking.
3. Top carrots with additional butter or brown sugar if desired, sprinkle with parsley for garnish, and enjoy!

