



Bittersweet Gardens

CSA NEWSLETTER

Spring Season, Week 3 What's In My Share?*

Leek	Radishes
Cabbage	Rosemary
Broccoli	Lettuce
Carrots	Asparagus
Chard	Potted Sage

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

*Remember to rinse your veggies before use!

CSA Updates and Information

Welcome to week 3 of your Spring share! This week, we're savoring the very best that Spring has to offer, from root veggies that have been growing through the cold season to delicious salad greens to fresh herbs! As always, we've curated a few of our favorite recipes on page 2 using the produce in your share. We even found one combining this week's radishes and the previous weeks' beets, in case you still have some left over (we get it!). Happy cooking!

As we move into holiday weekends and summertime travel, a reminder that if you aren't able to pick up your share, you are welcome to have someone else pick it up on your behalf. If your share is not picked up and we haven't heard from you, no fear- your veggies will be donated and not wasted! If you have someone else pick up your share, please pass along our [safe, contactless pick-up protocols](#). Thank you to your commitment to our participants' safety!

If any questions arise this week, please contact Lindsay Nagy, Retail Coordinator, at lnagy@bittersweetfarms.org or 419-875-6986 ext. 1235.

Gardens Team Highlights

Your CSA share is an investment in Bittersweet's mission: to positively impact the lives of people with autism and those whose lives they touch. It is these people whose lives YOU touch that make our CSA program truly special! As always, we're excited to introduce you to a few of them!

Darin (pictured at right, above) assisted with hand writing labels for the fresh herbs in your share. He loves writing, so this is one of his favorite ways to contribute! He also worked in partnership with Phil to package the lettuce for this week's shares. Things like writing, packaging, and twist tying provide participants with opportunities to practice important life and fine motor skills.

Ben (pictured at right, below) is typically a member of the Culinary team when our production kitchen is open, but during the pandemic he's been lending a hand in Gardens and we are so grateful. This week, he worked independently to prepare the carrots for our Medium and Large shares. He also assisted with sanitizing our harvest crates, an important part of our work to keep you healthy and safe!

It is no secret that it's been a HOT week here in Northwest Ohio! For this reason, we want to give a special shoutout to everyone on the team who assisted with watering this week! Amber and Kenny (pictured page 2) have both been learning new skills in Gardens, including watering, and they were so excited to help water this week. Tasks like watering, seeding, transplanting, and weeding might not put veggies into your share *this* week, but they are essential to make sure you have delicious food on your table over the next few weeks and months!



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

Leek Apple and Walnut Salad

Ingredients

- 1 leek, thinly sliced (use only the white and tender green parts)
- 1 green apple, chopped into small pieces (any other apple works too)
- 1 tbsp olive oil
- 2.5-3 tbsp vinegar
- Salt and pepper to taste
- 1/2 cup chopped walnuts

Instructions

1. In a salad bowl toss sliced leeks and chopped apples.
2. In a small bowl, whisk olive oil, vinegar, salt and pepper, pour it over the salad mix, and combine everything together.
3. Let the salad sit for 5-8 minutes to marinate.
4. Sprinkle with walnuts and enjoy!

Roasted Cabbage Steaks

Ingredients

- 1 medium or 2 small cabbage heads
- 3 tbsp olive oil
- 1/2 tsp salt or to taste
- 2 tsp paprika (sweet or smoked)
- 1 tbsp garlic powder

Instructions

1. Cut the stems off the cabbage heads and slice cabbage into 3/4 inch-1 inch thick discs or "steaks." Place the cabbage steaks on a baking sheet oiled or lined with parchment paper, allowing some space between each one for even roasting.
2. Brush the cabbage with olive oil. Generously sprinkle the salt, garlic powder, and paprika on the cabbage steaks. Flip the cabbage over and repeat, oiling and seasoning both sides. Add a pinch of red pepper flakes to each one if extra spice is desired.
3. Bake the cabbage steaks at 400 degrees for about 25 minutes, until the leaves are browned and the center is tender. Serve and enjoy!

Beet and Radish Pickles

Ingredients

- 3 small red beets, peeled, halved lengthwise, cut into 1/3 inch thick wedges
- 6 red radishes, trimmed, cut into 1/3 inch thick wedges
- 1 tbsp fennel seeds
- 3/4 cup distilled white vinegar
- 2 tbsp kosher salt
- 1 tbsp sugar

Instructions

1. Place beets and radishes in a small bowl.
2. Toast fennel seeds in a dry small saucepan over medium heat, shaking pan often, until fragrant, about 45 seconds.
3. Add vinegar, salt, sugar, and 1/2 cup water and bring to a boil, stirring until salt and sugar are dissolved, about 1 minute.
4. Pour brine over beets and radishes and let cool.
5. Cover and chill at least 8 hours before serving.

