



Bittersweet Gardens

CSA NEWSLETTER



CSA Updates and Information

We hope you enjoyed your pumpkins and other Fall goodies last week! This week, the Fall fun continues with decorative gourds in each share! As a reminder, these are a decorative bonus and are **NOT** edible! We hope they bring some seasonal joy to your space.

This week's herb of choice is rosemary! Did you know that this fragrant herb is filled with anti-oxidant and anti-inflammatory benefits? Rosemary helps with healthy circulation and also boosts the immune system! What a perfect herb to enjoy as the weather begins to cool and as we continue to strive for health amid the continued pandemic! Check out the hummus recipe at right for some inspiration if rosemary is new to your culinary repertoire!

CUSTOMER SERVICE CONTACT: 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

The whole Gardens team has been having a "gourd" time these last few weeks! Austin harvested the decorative gourds and Cece (pictured at right, below) helped cure and prepare them for our CSA members! This week, Cece also assisted with harvesting, cleaning seeding tags, and seed saving for next year.

This week we also saw some beautiful partnership between our participants! Matt (pictured at right, above) learned to harvest carrots for the very first time...and best of all, Keerston was his teacher! Matt and Keerston are long-time friends in the Day Program, and she is a veteran harvester, so this was a great learning experience for both of them. We love to see our participants working in partnership not only with staff, but with one another! This story and Matt's proud photo also serve as reminders that your CSA membership with Bittersweet is so much more than simply a produce purchase; it is an investment in the achievements of individuals with autism! We are so grateful for your support.

Finally, we want to give a shout-out to several Gardens team members for assisting with behind-the-scenes tasks to keep the CSA program going strong:

- Phil, Kenny, Keerston, and Gino assisted with watering in the hoop houses, which remains crucial even in the cooler weather since the hoop houses are heated by sunlight!
- Austin and Conor worked together to transport and spread compost around our plants to keep the plants and soil healthy.
- Matt, Ben, Lynn, Bob, and Gino helped to sanitize our harvest crates and work area-- it truly takes all of us to stay safe and healthy!

Fall Season, Week 3 What's In My Share?

Decorative Gourds
Carrots
Eggplant
Bell Pepper
Rosemary

Remember to rinse your produce before use!

Farm Fresh Recipe Links

[Roasted Garlic Rosemary Hummus](#)

[Ajvar \(Roasted Pepper and Eggplant Spread\)](#)

[Creamy Potato Leek Soup](#)



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