



# Bittersweet Gardens

CSA NEWSLETTER

## Summer Season, Week 4

### What's In My Share?

Jumbo Beets	Basil
Cucumbers	Swiss Chard
Tomatoes	Lima Beans
Sweet Pepper	Sage
Kale	Banana Peppers
Bell Pepper	

*Remember to rinse your produce before use!*

### Farm Fresh Recipe Links

[Greek Tortellini Salad](#)

[Beet Caprese Salad with  
Lemon Basil Dressing](#)

[Basil Tomato Pie](#)

## CSA Updates and Information

It's week four of our Summer CSA, and this week our motto is "beets for everyone!" When the beets start to peek out of the soil (as you can see above), we KNOW it's going to be a good week! Best of all, this beet crop is JUMBO! Check out the recipes at right for culinary inspiration!

**GARDENS VOLUNTEER NIGHT- FRIDAY, AUGUST 5TH, 4PM-6PM:** Enjoy a behind the scenes look at Bittersweet Gardens, get your hands dirty, and give back through volunteering! We'll be weeding, watering, and more! You are welcome to bring your favorite gardening gloves and tools, but we have plenty to share, too. The whole family is welcome, no RSVP required. Meet at the Market/Gardens building (where you pick up your shares) at 4pm. Questions? Contact Beth Kuntz-Wineland at [bkuntzwineland@bittersweetfarms.org](mailto:bkuntzwineland@bittersweetfarms.org) or 419-875-6986 ext. 1205.

**SAVE THE DATES- UPCOMING COMMUNITY ART FAIRS:** Thank you to everyone who visited us at Art on the Mall over the weekend! Upcoming community art fairs include the Maumee Street Fair on August 13th and the Apple Butter Fest in Grand Rapids on October 9th! Bittersweet art makes a perfect gift and provides meaningful, paid employment to artists with autism!

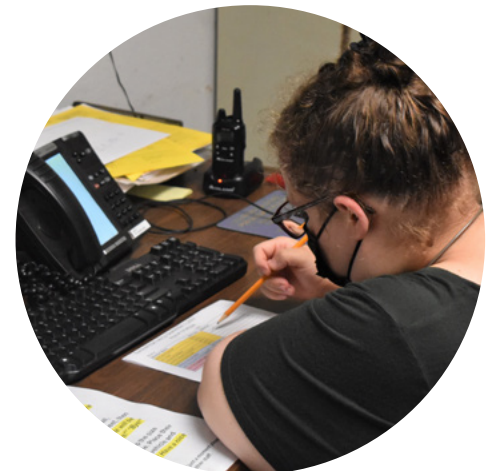
**PICK-UP INFORMATION:** As we soak up the last bit of summer, if you aren't able to pick up your share, please contact us to make other arrangements. You are welcome to designate a friend or family member to pick up your share! If your box is not picked up, we will be sure to donate it.

**CUSTOMER SERVICE NEEDS:** Please direct customer service needs to Beth Kuntz-Wineland, our Gardens Specialist, at [bkuntzwineland@bittersweetfarms.org](mailto:bkuntzwineland@bittersweetfarms.org) or 419-875-6986 ext. 1205.

## Gardens Team Highlights

This week, we're highlighting Lynn (pictured at right, above) and Phil (pictured at right, below). Lynn is passionate about providing the best customer experience possible to our CSA members. She contributes to your CSA in so many ways, from cleaning and packaging veggies for your share to answering the phone when you arrive for your pick-up. Sometimes you might even get to see her providing curbside service! When Lynn is not busy working in Gardens, you can catch her in Culinary baking cookies (she's an excellent salesperson, always reminding staff if their favorite cookie is freshly baked and in stock!) or creating unique masterpieces in Art.

Phil was one of our first Day Program participants and has worked at Bittersweet for more than 30 years. Some of his favorite tasks in Gardens include transplanting, watering, and preparing and amending raised beds so they are ready for new crops. In the photo at right, Phil is checking his completed task off the task board in Gardens. Bittersweet's philosophy emphasizes structure and support, and one way structure is provided is by creating daily lists and schedules for participants. This enables them to know what is expected and to check off their tasks when complete and successfully transition to the next task at hand.



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