



# Bittersweet Gardens

CSA NEWSLETTER

## Summer Season, Week 5 What's In My Share?\*

- |            |                   |
|------------|-------------------|
| Watermelon | Bell Pepper       |
| Cucumbers  | Lettuce           |
| Radishes   | Cherry Tomatoes   |
| Broccoli   | Big Beef Tomatoes |
| Cabbage    | Chives            |
| Zucchini   | Jalapeno Peppers  |

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

\*Remember to rinse your produce before use!

## CSA Updates and Information

Welcome to week 5 of your Summer CSA! This week's share has the makings of a PERFECT mid-Summer Greek salad, so we're including one of our favorite Greek salad recipes for you all on page 2! Our melons are back this week, too, and we hope you enjoy their Summer sweetness!

With COVID-19 cases on the rise, we also wanted to remind you about our [safe pick-up protocols](#) and thank you for your cooperation in wearing your masks and staying in your vehicle in order to keep our participants safe and healthy.

Finally, 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

This week, we were thrilled to welcome Austin (pictured at right, above) back to the Gardens team! In addition to harvesting cantaloupe, he helped transport seedlings, water them in, and water several of our hoop houses! Welcome back, Austin!

Phil (pictured at right, below) stayed busy this week, too! He harvested potatoes, which are now curing, so be on the lookout for those SOON! He also harvested, rinsed, and bagged lettuce for your shares. In addition to assisting with the produce, Phil also helped clean and sanitize the Gardens building and our harvest crates, all crucial parts of keeping our team and CSA family safe and healthy!

A couple of our participants learned new skills this week...something we always love to celebrate! Cece learned to harvest patty pan squash for the first time, and Tom independently recorded our hoop house temperatures for the first time. One of our Core Values is "Learn & Grow," so we love seeing participants learning new job skills in Gardens and all over the Farm!

You all know by now that partnership is one of the tenets of our philosophy, and the cucumbers in this week's share are the product of partnership between Gino, Darin, and Keerston! They harvested all the cucumbers for this week as a team, and that isn't even counting all the hands that seeded, transplanted, watered, and weeded to make these cukes possible! It takes all of us here at Bittersweet, and we hope that you can taste the difference that teamwork makes!



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

## Greek Salad with Avocado

### Ingredients

2 cucumbers, cut into 1/2 inch pieces	1 cup feta cheese, broken into large chunks
1 1/2 pounds tomatoes, cut into bite-sized pieces	1/2 cup extra virgin olive oil
1/4 small red onion, thinly sliced	1/2 cup red wine vinegar
1 1/2 cups kalamata olives, pitted and halved	2 cloves garlic, peeled and minced
1/4 cup Italian flat leaf parsley, chopped	1 tablespoon oregano
2 avocados, pitted and cut into chunks	2 tsp sugar
	1 tsp each of salt and pepper

### Instructions

1. In a large serving bowl, combine the cucumbers, tomatoes, red onion, kalamata olives and parsley. Place the avocado in a small bowl and set aside.
2. In a small jar, combine the olive oil, red wine vinegar, garlic, oregano, sugar and salt and pepper. Top with the lid and shake well until blended and emulsified. Season with more sugar and salt and pepper to taste.
3. Pour 1 tablespoon of the dressing on the sliced avocado and gently mix to coat. Pour the rest of the dressing on the cucumber mixture and toss to coat. Add the avocado to the salad and top with chunks of feta cheese, and serve.

## Spicy Quinoa Stuffed Bell Peppers

### Ingredients

Olive oil	1 tbsp chili powder
5 bell peppers, halved	1/4 tsp garlic powder
2 cups quinoa, cooked	1/4 tsp onion powder
1/2 white onion, diced	1/4 tsp red pepper chili flakes
1 14.5 oz. can diced tomatoes, rinsed and drained	1/4 tsp dried oregano
1 jalapeno, diced	1/2 tsp paprika
1 15 oz. can black beans, rinsed and drained	1 tsp cumin
1 15 oz. can garbanzo beans, rinsed and drained	Salt and pepper to taste
1 15 oz. can Yellow corn, rinsed and drained	1 cup mozzarella cheese, shredded for topping (optional)
	Cilantro, chopped for topping

### Instructions

1. Preheat oven to 375 degrees F.
2. In a large frying pan, heat olive oil and sauté onion for 2-3 minutes. Add in quinoa, black beans, garbanzo beans, corn, diced tomatoes, jalapeño, quinoa, and seasonings. Mix everything together well just until mixed then remove from heat.
3. Cut the tops of the bell peppers off and remove seeds and membrane. You can either fill the bell peppers by cutting them in half, or leaving them whole.
4. Spoon in the quinoa filling, place bell peppers in an oven safe baking dish and cover with foil. Bake for 30 minutes or until warm and bell pepper has cooked/softened. Garnish with cheese (optional) and cilantro. Enjoy!

## Cucumber Melon Salad

### Ingredients

1 1/2 large cucumbers, peeled and sliced	1 tbsp sunflower seeds
1/2 small ripe cantaloupe, chopped	Handful torn fresh basil leaves
1/4 cup pickled red onions	2 tbsp extra virgin olive oil
1 tbsp pepitas	1 1/2 tbsp red wine vinegar
	Salt & pepper to taste

### Instructions

1. Combine the cucumbers, cantaloupe, pickled red onions, pepitas, sunflower seeds and basil in a large bowl.
2. Whisk together the olive oil, vinegar, salt and pepper. Pour the dressing into the large bowl and toss to combine.
3. Season with more salt & pepper to taste and enjoy!

