



Bittersweet Gardens

CSA NEWSLETTER

Fall Season, Week 5 What's In My Share?

Pumpkin
Leeks
Green Tomatoes
Nasturtium Flowers
Parsley
Potted Basil

Remember to rinse your produce before use!

Farm Fresh Recipe Links

[Healthy Fried Green Tomatoes](#)

[Roasted Pumpkin, Spinach,
and Feta Salad](#)

[Roasted Cauliflower and Leek Soup](#)

CSA Updates and Information

It's week five, and this week is all about those end-of-summer veggies, autumn delicacies, and fresh herbs! Can you say...GREEN TOMATOES?! If you have never fried green tomatoes before, we highly recommend trying it out! We've included a healthy recipe at right to inspire you!

This week, your share includes a couple special herbs and flowers. First, you are receiving a potted basil plant. With proper care, this plant will thrive long after the CSA season is over! Place it indoors in a sunny window, and water it regularly (at least once a week) to keep the soil moist. As you cut back leaves to use, this will stimulate additional growth, so you can enjoy fresh basil all winter long!

Second, this week's shares include nasturtium flowers and leaves. Both the flowers and leaves are edible and have a peppery flavor. They are all full of nutrients, including vitamin C and iron. Toss them in a salad or use them as a fresh topping on your pizza for a special final touch. Enjoy!

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

This week, we're celebrating the happy faces of the Gardens team! Kenny, Keerston, and Darin (pictured from left to right above) all had a huge part in fulfilling your CSA share this week. As you can see, Kenny harvested bell peppers! He also harvested eggplant and a few of our remaining red tomatoes. Kenny is a hard worker who loves spending time in our hoop houses. He's known for his enthusiastic high-fives and we love having him on the team!

Keerston contributed to lots of important behind-the-scenes work! She transplanted spinach in our raised beds for the winter, watered the hoop houses, helped organize the Gardens building, and assisted with packing your CSA boxes. Keerston is extremely motivated and has a keen eye for detail, which we appreciate so much!

As you can see above, one of Darin's favorite tasks is labeling packaging for your CSA shares. This week, he labeled our herb boxes, and he loves helping you know exactly what is in your share! He also likes to write the stakes to label our raised beds, and he did that this week too!

Mike (pictured at right) also made several contributions this week! He and Gino worked together to water on Monday when Day Program was closed for the holiday. He also assisted with harvesting kale and chives and preparing them for you to enjoy. Mike is one of our long-time residents and team members, and we are so grateful for his diligent contributions each week.

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

