



Bittersweet Gardens

CSA NEWSLETTER

Fall Season, Week 6

What's In My Share?

Decorative Gourds	Tomatoes
Red Kuri Squash	Celery
Sweet Potatoes	Carrots
Bell Peppers	Tomatillos
Escamillo Peppers	Basil
Mini Cucumbers	Chives
Lunchbox Peppers	

Remember to rinse your produce before use!

Farm Fresh Recipe Links

[Greek Style Quinoa Stuffed Bell Peppers](#)

[Buttermilk Biscuits with Cheddar and Chives](#)

[1-Pot Chickpea Noodle Soup](#)



CSA Updates and Information

Welcome to week six of your Fall CSA! This week we're savoring peppers, herbs, and more! And who doesn't love a few more decorative gourds to get into the harvest spirit?! If you are struggling with culinary inspiration as we get further into the season, we've selected a few unique recipes using some of this week's ingredients...don't miss them at right!

With these chilly nights, have you been reaching for cozy blankets to stay warm? You might be surprised to know that the soil in our raised beds has been doing the very same thing! In the Bittersweet Gardens program, soil health is one of our top priorities, and cover crops are crucial for healthy soil.

So, what are cover crops? After we plant our winter veggies (spinach, kale, chard, lettuce, beets, and others), any empty beds are covered with compost to nourish the soil and then seeded with a cover crop, such as clover or winter peas. The cover crops fill the beds and keep the soil covered so it can rest and replenish over the winter. In other words, the cover crops are like the cozy blankets each of us reach for on these cool nights! As an added bonus, the cover crops we grow provide food for the animals in the Barn! Nothing is wasted here on the Farm.

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

They say if you love what you do, you never work a day in your life...but if you love who you work with, that is even better! Tom, Keerston, Lynn, and Jennie (pictured above, left to right) love working as a team to prepare your CSA share. This week, Tom worked on transplanting, weeding, harvesting peppers, and providing customer service for our Thursday members. Keerston watered, harvested and cleaned radishes, weeded, and more! Lynn harvested and bunched kale, worked with Keerston to pull out tomato plants, and assisted with customer service. It truly takes a team each and every day in Gardens!

Did you know that in addition to Gardens, there are several other vocational programs at Bittersweet? These include Culinary, Janitorial, Animal Care, Creative Arts, and more. This week, we want to give a shout-out to the Janitorial team! Each day, they work hard to make sure the Farm is clean and well-stocked with essential supplies. John, pictured at right, is a member of the Janitorial team who also loves working in Gardens on occasion! This week as part of his Janitorial work, he stopped by the Gardens building and lent a hand with sanitizing. The Farm is truly an ecosystem, with each part working together, and we are grateful for Janitorial's support.

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