



# Bittersweet Gardens

CSA NEWSLETTER



## CSA Updates and Information

Welcome to week 6 of your Fall CSA! We have a rad(ish) selection of veggies for you! From the gorgeous radishes pictured above to freshly harvested lettuce to an abundance of herbs, we've got you covered! As always, we're sharing a few of our favorite recipes. Enjoy!

**PICK-UP INFORMATION:** Thank you for adhering to the designated pick-up time at Bittersweet Farms in Whitehouse from 1:00pm to 3:00pm on your chosen day. If for some reason you cannot pick-up your box during these designated hours, please contact us as soon as possible to make other arrangements. In accordance with our CSA policy, if your box is not picked up, we will donate it.

**MARKET SHOPPING HOURS:** As a reminder, for Fall CSA you are invited to pick up your CSA share INSIDE the Market at Bittersweet Gardens! The Market is also open for shopping from 1:00pm-3:00pm if you need any additional Bittersweet produce, cookies, art, or merch!

**CUSTOMER SERVICE NEEDS:** Feel free to be in touch with Beth Kuntz-Wineland, our Gardens Specialist, at [bkuntzwineland@bittersweetfarms.org](mailto:bkuntzwineland@bittersweetfarms.org) or 419-875-6986 ext. 1205.

## Gardens Team Highlights

During the Summer CSA season, we shared how Tommy (pictured at right, above) had taken an interest in gardening, and in growing and harvesting eggplant in particular. As you can see, he's been busy harvesting eggplant in our hoop houses for your shares this week! As eggplant season comes to a close, Tommy is already looking forward to next year!

Austin (pictured at right, below) prepared the lettuce in your shares this week. Austin is an incredibly independent hard worker! He harvested the lettuce, brought it in, triple-rinsed it (as pictured), and then packaged it for you. Austin is proud to be a member of the Gardens Team and takes pride in preparing veggies for amazing community members like you!

As always, your share is the result of teamwork! A couple other highlights include Cece harvesting and washing the radishes in your share, and Ben harvesting the beautiful blue basil. Ben also prepared the packaging (boxes, bags, etc.) for each share...no small task!

Finally, with the cold weather comes changes in Gardens. This week, Gino harvested our peppers for the last time and cleared the pepper beds to prepare them for cover crops and winter veggies. Each winter, we practice crop rotation and sow clover seed as a cover crop in many of our raised beds to restore the soil before planting next spring. This is part of our commitment to sustainability at Bittersweet, both in the Gardens Program and beyond.

## Fall Season, Week 6 What's In My Share?

- |              |                    |
|--------------|--------------------|
| Watermelon   | Blue Basil         |
| Green Onions | Okra               |
| Bell Peppers | Garlic             |
| Eggplant     | Nasturtium Flowers |
| Radishes     | Mint               |
| Tomatoes     | Lettuce            |

*Remember to rinse your produce before use!*

## Farm Fresh Recipe Links

[The Best Fattoush Salad](#)

[Eggplant "Bacon" BLT Sandwiches](#)

[Blueberry Basil Muffins](#)

[Mint Chimichurri](#)



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