



Bittersweet Gardens

CSA NEWSLETTER

Spring Season, Week 7 What's In My Share?*

- Broccoli
- Carrots
- Green Onions
- Chives
- Lettuce
- Cinnamon Basil
- Asparagus
- Cilantro

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

*Remember to rinse your veggies before use!

CSA Updates and Information

Can you believe it is week 7?! That means we are already in the second to last week of the Spring CSA season! The Summer season is sold out (and we're so excited many of you will be joining us!), but we still have a few Small shares left for Fall! If you haven't joined our Fall CSA yet and would like to, [click here](#).

We've been enjoying lots of fresh Spring herbs, and this week is no exception. This week for the first time this growing season, we're excited to share our cinnamon basil with you! Cinnamon basil has a unique flavor, combining the herbaciousness of fresh basil with a refreshing hint of cinnamon. If you haven't tasted it before, you're in for a treat, and we've selected a recipe on p. 2 to inspire you!

Questions about your share? Please contact Lindsay Nagy, Retail Coordinator, at lnagy@bittersweetfarms.org or 419-875-6986 ext. 1235.

Gardens Team Highlights

Seeding, weeding, transplanting, and harvesting...oh my! It has been a busy week in Gardens! As always, we are thrilled to introduce you to some of the people who made your share possible!

This week, Gabe (pictured at right, above) worked hard harvesting, triple rinsing, and packaging lettuce. Gardening therapy is one of Gabe's favorite things in the world, bringing him peace and happiness. When he doesn't have his hands in the dirt, he loves working in the art studio, preparing fabric for weaving and creating ceramic art!

Housemates and best friends Matt and Aaron (pictured at right, below) also tried their hand at the 6-row seeder! They seeded carrots in one of our hoop houses and had a fantastic time working in partnership, as you can see with their big smiles!

Jessica (pictured on p. 2 at left) transplanted okra and kale and wrote labels for each pot! She is new to working in Gardens, and has enjoyed trying out new tasks to assist the team! Outside of work, Jessica's passions include music and roller coasters. No ride is too tall or fast for this lady...in fact, one of her favorite "stay at home" activities over the last year was "riding" coasters via point-of-view videos on YouTube!

Darin (pictured on p.2 at right) harvested basil, assisted with packing CSA shares and tracking packing lists, and assisted with watering! Darin loves writing, so he often assists with the administrative pieces of CSA, like harvest logs, creating lists, writing plant tags, and packing shares. As a person-centered program, we love finding ways to use participants' skills and gifts and to nurture their passions!



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

Blackberry Scones with Cinnamon Basil

Ingredients

- | | |
|---------------------------|--------------------------------|
| 1 1/2 cups flour | 1 1/4 cup cold butter |
| 1/2 cup whole wheat flour | 1/2 cup greek yogurt |
| 1/2 cup sugar | 1/2 cup cream or half and half |
| 2 tsp baking powder | 2 tsp lemon zest |
| 1/2 tsp sea salt | 2-3 tbsp fresh cinnamon basil |
| 1/4 tsp baking soda | 1 1/2 cup fresh blackberries |

Instructions

1. Preheat oven to 425 degrees. Combine the flours, sugar, powder, soda and salt.
2. Thinly shred cinnamon basil with a sharp knife. Add the basil and lemon zest to the dry ingredients.
3. Stir to combine and cut in butter. Don't worry about a fine crumble, larger bits of butter are just fine!
4. Add rinsed blackberries. Stir to coat, then combine cream and yogurt and pour over mixture. Mix lightly with a wooden spoon until it's barely sticking together. Turn out on a well floured bread board and carefully, so as not to squish the berries too much, knead into a ball. Press into a 1 inch thick, round disk.
5. Cut into ten pieces and place on a floured baking sheet or stone, leaving space for expansion. Brush with cream and sprinkle with course sugar before placing in a hot oven to bake for 20-25 minutes. If in doubt, it's better to pull them out of the oven sooner rather than later because they will keep cooking a bit on the counter. Enjoy warm or save for later!

Red Cabbage and Carrot Slaw

Salad Ingredients

- 1 small head red cabbage, shredded
- 4 large carrots, shredded
- 4 green onions, thinly sliced

Dressing Ingredients

- 1 tbsp Dijon mustard
- 1 garlic clove, minced
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Apple Cider Vinegar
- 2 tsp fresh lemon juice

- 1 tbsp honey, as needed for sweetness
- 1/4 tsp pure vanilla extract (optional)
- 1/4 tsp chili powder
- salt and pepper to taste
- chopped fresh parsley for garnish

Instructions

1. Place shredded cabbage, carrots and green onions in a large salad bowl. Set aside.
2. In a mixing bowl, whisk together the dijon mustard, garlic, oil, apple cider vinegar, lemon juice, honey, vanilla, chili powder, salt and pepper; whisk until well combined.
3. Pour dressing over the cabbage mixture and toss to combine.
4. Taste for seasonings and adjust accordingly. Place in the refrigerator for 15 minutes to marinate.
5. Remove from fridge, garnish with chopped parsley, and enjoy!

Easy Italian House Salad

Ingredients

- | | |
|--|--------------------------|
| 1 head of leaf lettuce, washed and chopped | 2/3 cup olive oil |
| 1/2 can can artichoke hearts, drained | 1/3 cup red wine vinegar |
| 1/2 cup red onion, sliced | 1 tsp salt |
| 2/3 cup Parmesan cheese, grated | 1/4 tsp black pepper |

Instructions

1. In a medium bowl, toss lettuce, artichoke hearts, red onion and Parmesan cheese.
2. In a small bowl, combine olive oil, red wine vinegar, salt and pepper. Whisk well to combine.
3. Top salad with dressing and let stand for 15 minutes in refrigerator before serving.

