News from the Horticulture Program

Week 6 is already underway! This week we were fortunate not to have to deal with frost damage on the crops. With the weekend temperatures dropping to below 50 degrees and the intense rain, we were worried about damage to the beds. Jeff and Eva came in on Saturday and covered many of the beds in the hoophouses to protect the harvest.

We are definitely heading into the wet, cold season and our veggies are slowing down. We are hoping for a few more weeks of mild weather.

In other news, Bittersweet has joined the #GivingTuesday movement for the second year. #GivingTuesday is an international giving campaign that inspires people to take collaborative action to improve local communities, give back in better, smarter ways to the charities and causes they support and help create a better world.

This #GivingTuesday, Bittersweet is raising money for the horticulture program. Because of the expansion and growth, we are asking for donations to fund the program. We are asking supporters to only donate $15 - the cost for us to purchase only one packet of cherry tomato seeds. If you are interested in joining the movement and would like more information about how you can donate, visit our website at:
http://www.bittersweetfarms.org/join-us-give/ways-to-donate/givingtuesday-campaign/

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Follow us on Pinterest for more delicious recipes using your CSA Produce!
The mission of Bittersweet, Inc. is to positively impact the lives of individuals with autism and those whose lives they touch.

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**Spaghetti Squash with Garlic and Butter**

**INGREDIENTS**
- 1 small spaghetti squash (about 3-4 pounds)
- 2 tablespoons butter
- 2 cloves garlic, finely minced
- 1/4 cup finely minced parsley (or basil)
- 1/2 teaspoon salt (or to taste)
- 1/4 cup shredded parmesan cheese

**INSTRUCTIONS**
1. Preheat oven to 375F. Pierce squash a few times with sharp paring knife (to let steam escape). Bake spaghetti squash for 60 minutes, or until a paring knife pierces easily through skin with little resistance. Let squash cool for 10 minutes. (Alternatively, microwave the whole squash for 2-4 minutes (to soften enough to cut lengthwise). Place squash cut-side down on baking sheet and roast for 30 minutes until tender.)

2. Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long, lovely strands. If the squash seem difficult to scrape, return the squash to bake for an additional 10 minutes.

3. Heat a large sauté pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands. Toss well, sprinkle in the Parmesan cheese and taste to see if you need additional salt. The spaghetti squash should have a slight crunch (i.e. not mushy) - but if you like it softer, cover the pan and cook 2 more minutes.


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**Crockpot Spaghetti Sauce**

**INGREDIENTS**
- 1 lb ground beef, cooked and drained
- 2 (26 oz) cans Hunt’s Traditional Spaghetti Sauce
- (about 6-8 medium sized fresh tomatoes)
- 1 - 2 cups shredded zucchini or carrot
- 1 cup chopped onion
- 2 tsp minced garlic
- 2 tsp Italian seasoning
- 3 Tbs sugar

**INSTRUCTIONS**
1. Put all ingredients into slow cooker and stir to combine.
2. Cook on low for 6-8 hours or on high for 3-4 hours.

Source: [http://www.soveryblessed.com/2012/02/18/crockpot-spaghetti-sauce/](http://www.soveryblessed.com/2012/02/18/crockpot-spaghetti-sauce/)

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**Creamy Carrot Soup**

**INGREDIENTS**
- 3 tablespoons extra virgin olive oil
- 2 pounds peeled carrots, cut into 1 inch pieces
- 1 large onion, thinly sliced
- 2 tablespoons minced garlic
- 1 sprig of fresh thyme
- 1 sprig of fresh rosemary
- 32 ounces chicken broth
- 2 strips precooked bacon
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon hot sauce

**INSTRUCTIONS**
1. Place oil in large pot over medium heat. Add carrots, onions, garlic, thyme and rosemary. Cook for 15 minutes, until carrots are fork tender. Remove herb sprigs and transfer carrots and vegetables to blender. Puree, using the soup button. Add chicken broth and continue to puree. Transfer to large saucepan over medium heat and add bacon strips. Season with salt, pepper and hot sauce. Simmer until ready to serve.

Makes 6 servings