



# CSA Newsletter

WEEK 7 • FALL 2023

## Member Updates

Welcome to week seven of your Fall CSA! Can you believe that next week is your final pick-up?! Whether you have been with us for years or this is your first season, know that you have impacted our participants' lives and contributed in a significant way to the Bittersweet mission. You are a valued part of the Bittersweet Community, and we look forward to staying connected well beyond this CSA season!

PICK-UP INFORMATION: Thank you for adhering to the designated pick-up time from 1:00pm to 3:00pm on your chosen day. If you are unable to pick up your box during the designated hours, please contact us as soon as possible to make other arrangements. If your box is not picked up, we will donate it.

CUSTOMER SERVICE NEEDS: If you have questions or concerns throughout the season, contact Beth Kuntz-Wineland, our Gardens Specialist, at [bkuntzwineland@bittersweetfarms.org](mailto:bkuntzwineland@bittersweetfarms.org) or 419-875-6986 ext. 1205.

## Veggies of the Week

BELL PEPPERS  
KALE  
LETTUCE  
LUNCHBOX PEPPERS





**“My favorite thing about fall is pumpkin pie!”**

-KEERSTON

## Gardens Team Highlights

If you follow Bittersweet Farms on [social media](#), you know that 2023 marks our 40th anniversary, and we have been celebrating all year long by sharing historical photos on “Milestone Mondays.” For this week’s CSA newsletter, we thought it would be fun to change it up and share a couple throwback photos of the Gardens Team!

The photos on this page were both taken in the old Gardens Building, which is now the Market. The photo of Patty at right was taken in 2012, during our very first CSA season! The above photo of Gino was taken in 2010, before our CSA Program existed! As you know, 13 years later, Gino is as passionate as ever about gardening. While Patty still works at the Farm, today she works in Culinary and Creative Arts. The diversity of Bittersweet’s farmstead model enables participants to explore different interests and passions, from gardening to art and everything in between! This career growth-- and the growth of our facilities through improvement projects like the Gardens Addition and Market renovation-- is made possible by your support. Thank you!



## Weekly Meal Inspiration

[Pear and Goat Cheese Salad](#)

[Swiss Chard Soup with Lentils \(can substitute the chard for kale, depending on share size!\)](#)

[Veggie-Loaded Stuffed Bell Peppers](#)

