



# Bittersweet Gardens

CSA NEWSLETTER

## Spring Season, Week 4

### What's In My Share?\*

- |                 |               |
|-----------------|---------------|
| Green Onions    | Kale          |
| Cabbage         | Chard         |
| Beets           | Garlic Scapes |
| Turnips         | Lettuce       |
| Sugar Snap Peas | Basil         |
| Cilantro        | Asparagus     |
| Cosmos Flower   |               |

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 4?! That means we are halfway through our Spring CSA season! Our Summer season is sold out (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](#).

This week, we have a new friend to introduce you to: garlic scapes! These whimsical looking, edible stalks of the garlic plant pack a flavorful, garlicky punch! They can be finely diced and enjoyed raw (similar to green onions), grilled, sauteed as part of a stir fry, or even turned into a salad dressing (see page 2 for recipe!). We hope you love them as much as we do!

We also wanted to share with you about companion planting, one of our holistic farming practices at Bittersweet. In the photo above, you can see red lettuce and green onions (featured in your share this week!) growing together in a single raised bed. Just like people, plants have different preferences and different strengths. For example, some veggies fix nitrogen in the soil, some flowers repel insects, and the list goes on! At Bittersweet, we tap into these strengths and plant our beds with friendly neighbors so they can thrive together! This week you are receiving a cosmos flower plant, which makes an excellent companion to peppers, squash, tomatoes, and other flowering veggies. Cosmos attract pollinators, which flowering veggies need, so consider planting your cosmos flower in your home garden!

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

## Gardens Team Highlights

This was a week of firsts for two members of the Gardens team! Gabe (pictured at right above) learned to harvest beoccoli for the first time! Our Medium and Large shareholders got to enjoy broccoli last week, and this week it is the Small shareholders' turn!

Bob (pictured at right below) also learned a new skill this week: harvesting garlic scapes! He worked in partnership with his housemates, Mark and Kenny, to harvest, haul, and prepare the scapes for you! Bob also did the honors of counting all the harvested scapes...59! Wow!

Gino (pictured on second page at right), a veteran member of the team, harvested, washed, and prepared cilantro for all shares! Gino has the heart of a gardener...he loves this work so much that he even gardens at home in his spare time!

Finally, Austin (pictured on second page at left) independently harvested chard and bundled it for our Medium and Large shares. Austin finds meaning and peace in gardening, and your CSA purchase makes paid employment in our Gardens program a reality for him and so many others. Thank you for positively impacting their lives!



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

## Garlic Scape Dressing

### Ingredients

1 oz garlic scapes  
1/4 cup olive oil  
1/4 cup white wine or balsamic vinegar

1 tbsp honey or maple syrup  
1 tbsp dijon mustard  
1/4 tsp salt  
Pepper to taste

### Instructions

1. Trim tough parts off garlic scape and cut into 1-2" pieces.
2. Place scapes and all ingredients into food processor.
3. Process until smooth and serve on salad. Dressing can be stored in refrigerator for 1-2 weeks.

## Cilantro Lime Quinoa

### Ingredients

1 cup dry quinoa, rinsed  
1 1/2 cups water  
1/4 cup chopped cilantro leaves,  
plus extra to taste

1/2 lime, zested and juiced,  
plus more to taste  
1-2 tbsp olive oil or avocado oil  
Salt and pepper to taste

### Instructions

1. Rinse and drain your quinoa using a mesh strainer or sieve.
2. Bring a medium saucepan to medium heat and lightly toast the quinoa to remove any excess water. Stir as it toasts for just a few minutes.
3. Add your water, set burner to high, and bring to a boil. Once boiling, reduce heat to low and simmer, covered with the lid slightly ajar, for 12-13 minutes or until quinoa is fluffy and the liquid has been absorbed.
4. Add chopped cilantro, lime juice, lime zest and oil to cooked quinoa and season with a pinch of salt and pepper. Toss to combine.
5. Add any extra cilantro, lime, or seasoning that your heart desires and dig in!

## Grilled Romaine Hearts and Pears with Bleu Cheese

### Vinaigrette Ingredients

2 tbsp white balsamic vinegar  
2 tsp Dijon mustard  
1/4 tsp kosher salt  
Fresh black pepper to taste  
1/4 cup extra virgin olive oil

### Salad Ingredients

1/2 cup pine nuts (walnuts or pecans may be substituted)  
3 large romaine hearts, end cut off and halved  
3 tbsp extra virgin olive oil  
2 ripe but firm pears, cut into wedges  
4 oz crumbled bleu cheese

### Instructions

1. In a small bowl, place vinegar, mustard, salt and pepper and while whipping, slowly add oil to emulsify. Set aside.
2. In a small dry sauté pan over medium heat, toast pine nuts and set aside.
3. Heat a ribbed pan over medium high. Toss the pears with one tablespoon of the oil and grill for about 1-2 minutes on each side. Set aside.
4. With the pan still on medium high, drizzle the remaining oil over cut sides of romaine and grill three halves for about 2 minutes, cut side only. Remove to a platter and grill remaining three halves and add to platter.
5. Top with pears and dressing. Then sprinkle cheese and pine nuts over top and serve.

