



Bittersweet Gardens

CSA NEWSLETTER

Fall Season, Week 4

What's In My Share?

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|------------------|-----------------------------|
| Red Kuri Squash | Kale |
| Lunchbox Peppers | Tomatoes |
| Bell Peppers | Basil |
| Leeks | Decorative Bouquet |
| Celery | NEW! Salsa Verde Kit |
| Carrots | |

Remember to rinse your produce before use!

Farm Fresh Recipe Links

[Homemade Carrot Bread](#)

[Roasted Salsa Verde](#)

[Easy Lebanese Salad](#)

CSA Updates and Information

Can you believe we are already halfway through the Fall CSA season? Time flies when you are busy enjoying fresh produce! This week, we are excited to introduce a brand new item to our line-up in all three share sizes: a salsa verde kit! You will find it in a paper bag inside your share.

To make salsa verde, combine the ingredients in your kit with salt & pepper to taste, lime/lemon juice to taste, and fresh cilantro (optional). You can either roast your veggies with some olive oil, cool, and blend, or simply dice the ingredients for a raw salsa verde. The choice is yours! For folks more comfortable with a recipe, we have included a sample roasted salsa verde recipe at right-- but please note your ingredients may vary, so don't be afraid to substitute!

CUSTOMER SERVICE CONTACT: Please direct any customer service needs to Beth Kuntz-Wineland, our Gardens Specialist. Feel free to be in touch with her as needed at bkuntzwineland@bittersweetfarms.org or 419-875-6986 ext. 1205.

Gardens Team Highlights

With the autumn nights getting colder, the time has come to begin transitioning our crops. This week, we said goodbye to our tomato plants, and soon we will be removing our pepper plants as well. This transition makes space to plant winter crops like lettuce, kale, spinach, and onions!

Transitioning the crops is no small task, and as usual the Gardens team worked in partnership to make it happen. Gino, Phil, Keerston, and Cece worked together to pull the first of the summer crops out of the beds. Then Gino, Tom (pictured above, right), Rodney (pictured above, left), Conor (pictured at right, below), Austin, and Gabe took on the monumental task of transplanting onions, spinach, lettuce, celery, and more! Many hands make light work!

After transplanting, you have to water in the fragile new seedlings, so lots of extra watering happened this week! The watering team included Phil, Gino, Darin, Aaron, Tom, Cece, Keerston, Gabe, and Bob (pictured above, center), On weeks like this, it truly does take ALL of us!

In addition to this work of seasonal transition, of course the team was also busy harvesting veggies for your share! This week, Keerston and Matt worked in partnership again to harvest your carrots. Cece harvested celery and green tomatoes. Keerston harvested tomatillos, peppers, and more! Finally, Gino assisted with the final tomato harvest of the season.

Since our founding in 1983, Bittersweet's philosophy has emphasized meaningful work for ALL individuals. We believe each and every person has gifts to offer and passions to pursue; it is our mission to help them discover work they love and invite them to do it! YOUR support makes this process possible here in Gardens, so once again we say: THANK YOU!



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