



# Bittersweet Gardens

CSA NEWSLETTER

## Spring Season, Week 4

### What's In My Share?

|           |               |
|-----------|---------------|
| Carrots   | Chard         |
| Zucchini  | Tomatoes      |
| Cabbage   | Sage          |
| Cucumbers | Basil         |
| Broccoli  | Sweet Peppers |
| Kale      | Garlic        |

*Remember to rinse your produce before use!*

### Farm Fresh Recipe Links

[Thai Carrot Salad with Curried Cashews](#)

[Zucchini Garlic Bites](#)

[Buddha Bowl with Chickpeas, Cucumber, and Sweet Peppers](#)



## CSA Updates and Information

Can you believe it is already the last week of Spring CSA?! We hope you have enjoyed this abbreviated sampler season! If you are signed up for the Summer CSA, we look forward to seeing you the week of July 11th, and if not, we hope to see you back next year! If you are not a Summer and/or Fall CSA Member and would like to reserve a spot on our 2023 wait list, please e-mail Beth at [bkuntz-wineland@bittersweetfarms.org](mailto:bkuntz-wineland@bittersweetfarms.org).

This week's share is a rainbow of late spring/early summer goodness! From carrots to kale to our first sweet peppers of the season, we hope you enjoy this bountiful harvest! We are especially excited about our garlic harvest, which we've been curing for you and can't wait to share. We have included a few recipes at right to inspire your culinary adventures this week.

**BOX/CRATE RETURNS:** If you receive a Medium or Large share and are returning for Summer, please plan to return your box the week of July 11th. If you are not returning for Summer, you are welcome to drop off your box on the porch in front of the Market at Bittersweet Gardens at your convenience.

**CUSTOMER SERVICE NEEDS:** 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](mailto:bkuntzwineland@bittersweetfarms.org) or 419-875-6986 ext. 1205.

## Gardens Team Highlights

This week has been all about finishing the Spring CSA strong and laying the groundwork for our summer and fall harvests! As always, several team members contributed to your share this week. Your carrots were harvested by Tom and watered by Austin, and Cece harvested the garlic bulbs. Lynn (pictured at right, below), Gino, and Cece harvested the cucumbers in your share. Tom worked independently to harvest zucchini for you to enjoy, too!

In addition to harvesting these and other veggies for your share, the team has been busy planting, transplanting, and readying our fields and hoop houses for summer and fall. Phil and Tom pulled cabbage plants from our hoop house beds to make room for summer and fall crops, and John (pictured at right, above) and Conor planted watermelons in our field! Gino and Darin also worked in partnership to plant bay trees! If all goes well, we look forward to sharing fresh bay leaves and ripe local melons with our CSA members in future seasons.

In addition to harvesting and planting, the participants assisted with organizational and customer service tasks. Darin labeled stakes for the newly planted beds in our hoop houses and field plots, and John and Kenny helped package a produce order for sale. Finally, John, Kenny, and Conor assisted with produce deliveries this week. All of this meaningful work is made possible by your investment as a CSA member, so again, we thank you for your support!

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