



Bittersweet Gardens

CSA NEWSLETTER

Summer Season, Week 6

What's In My Share?

- | | |
|----------------|--------------------|
| Cucumbers | Tomatoes |
| Eggplant | Bell Pepper |
| Banana Peppers | Lime Candy Mint |
| Green Onions | Decorative Bouquet |
| Summer Squash | Basil |

Remember to rinse your produce before use!

Farm Fresh Recipe Links

[Sweet Pepper Tomato
Cucumber Salad](#)

[Tomato Basil White Bean Dip](#)

[Green Onion Cheddar Scones](#)

CSA Updates and Information

It's week six of Summer CSA! This week we are going bananas for banana peppers AND sweet peppers in all three share sizes! Our summer veggies are in full swing, with green onions, crisp cucumbers, and basil abounding. And who can forget late summer local flowers (to beautify your home, not to eat)! Check out this week's recipes to get started enjoying summer's bounty!

SAVE THE DATE- APPLE BUTTER FEST ON OCTOBER 9TH: Thanks to everyone who visited Bittersweet Creative Arts at the Maumee Street Fair over the weekend! If you missed our artists there, mark your calendar for the Apple Butter Fest in Grand Rapids on October 9th! Bittersweet art makes a perfect gift and provides meaningful, paid employment to artists with autism.

CAN'T PICK-UP YOUR SHARE? As a reminder, if you aren't able to pick up your share, please contact us to make other arrangements. You are welcome to designate a friend or family member to pick up your share! If your box is not picked up, we will be sure to donate it.

CUSTOMER SERVICE NEEDS: Please direct customer service needs to Beth Kuntz-Wineland, our Gardens Specialist, at bkuntzwineland@bittersweetfarms.org or 419-875-6986 ext. 1205.

Gardens Team Highlights

This week, we have a **FIRST TIME** Gardens Team highlight! Tommy (pictured at right, above) recently started working in Gardens and has taken an interest in harvesting. For the last three weeks, he has harvested the eggplant for the CSA, including the eggplant featured in this week's Medium and Large shares. Harvesting is a brand new skill for Tommy and he was beyond proud to take a photo with the eggplant he harvested this week. Your CSA purchase helps provide individuals with autism like Tommy with meaningful, paid employment in the Gardens Program. At Bittersweet, with your support, they learn new job skills, explore new tasks and possibilities, and grow both veggies and their confidence. Thank you!

Our second highlight this week is Keerston, pictured above with the green onions featured in this week's shares! In addition to harvesting and preparing your onions, Keerston is also the creative genius who harvested and arranged your flower bouquet! These flowers were grown from seed to harvest on the Farm in a partnership between our Horticulture & Gardens Programs. Thanks for all your hard work to make this week's CSA shares possible, Keerston!

Our final weekly highlight is Austin (pictured at right, below), who has been busy balancing tasks to support our retail orders and our CSA! This week, he harvested and prepared kale for an order for our friends at the Phoenix Earth Food Co-Op in Toledo, and then he chipped in to weigh and bunch the fresh herbs and package the tomatoes for your CSA shares. Austin is a quiet, hardworking presence on our team and we love to share his many contributions!



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