



# Bittersweet Gardens

CSA NEWSLETTER

## Summer Season, Week 7 What's In My Share?\*

Cantaloupe  
Eggplant  
Cucumber  
Bell Pepper  
Chives

See page 2 for farm fresh recipes using this week's harvest!

\*Remember to rinse your produce before use!



## CSA Updates and Information

It's week 7, and the Summer bounty continues! Our melons, cucumbers, and tomatoes are in their prime, and this week we're excited to include eggplant and bell peppers in all of our shares! If you aren't familiar with cooking eggplant, make sure to check out the recipe on page 2 for some inspiration!

A friendly reminder that next week (August 30th-September 3rd) will be the FINAL week of our Summer CSA! For those of you continuing your CSA membership into the Fall, don't forget we have a week off between seasons before kicking off the Fall season the week of September 13th.

With COVID-19 cases still on the rise, we want to remind you about our **safe pick-up protocols** and thank you for your cooperation in wearing your masks and staying in your vehicle. This helps to keep our participants and YOU safe and healthy, which is our top priority!

If any questions arise, feel free to be in touch with Lindsay Nagy, our Retail Coordinator, at [lnagy@bittersweetfarms.org](mailto:lnagy@bittersweetfarms.org) or 419-875-6986 ext. 1235.

## Gardens Team Highlights

For this week's team highlights, we have a couple behind-the-scenes stories for you! First, did you know that we prioritized safety and sanitation LONG before the pandemic? We've shared before about sanitization, but in order to keep our participants safe, we also use sign-out/sign-in sheets for our gardening tools. In the photo at right below, Phil is signing out the harvest knife he will use to harvest veggies for you! This might seem mundane, but at Bittersweet, this process has significance. Structure and support is crucial for individuals with autism, so our philosophy integrates structured processes wherever possible. Signing tools out not only keeps the participants safe by keeping track of the tools; it also helps them make a smooth transition into a new task, such as harvesting, and supports them in understanding when the task is complete. The little things can make a big difference in our participants' days!

Second, with melons abounding these last few weeks, we wanted to share an inspiring story from Cece (pictured at right, above)! Last year, Cece enjoyed the cantaloupe from her CSA share so much that she decided to save the seeds and plant them in her garden at home this year! The rabbits got the best of some of the plants, but one plant survived and Cece has been enjoying the fruits of her labor! You, too, can save the seeds from the melons in your share and grow your own melon patch next year! Simply dry your seeds thoroughly with paper towels, save them in a dry, sealed container, seed them indoors in the early Spring, and plant them in your garden 3-4 weeks after the final frost in the Spring.



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

## Stir Fried Tofu with Eggplant and Bell Pepper

### Ingredients

14 oz firm or extra firm tofu, drained and cut into 1-inch cubes  
3 tbsp peanut oil  
8 garlic cloves  
6 Asian eggplant or 1-2 regular eggplant, cut into 1-inch pieces  
1 bell pepper, cut into thin strips  
1/2 cup thinly sliced green onion or chives  
3/4 cup basil leaves

### Sauce Ingredients

3-4 tbsp soy sauce  
1 tbsp fresh-squeezed lime juice  
1 tbsp sweetener of your choice  
1 tbsp sriracha, to taste

### Instructions

1. Combine sauce ingredients in bowl.
2. Heat dry wok or stir-fry pan over high heat for one minute, then add 2 tbsp oil, heat for one more minute, then add whole garlic cloves and heat until they are fragrant (not browned) and the oil is garlic-infused. Remove cloves and discard.
3. Add cubed tofu and stir until browned on all sides. Remove browned tofu and set aside.
4. Add 1 tbsp oil to the pan, heat for a minute, add the vegetables, and stir fry until tender. Add the tofu pieces back in, add the sauce, the stir fry for an additional 2-3 minutes to combine.
5. Add the green onions/chives and basil, cook for 1 more minute, and then serve the stir fry. Enjoy!

## Dill Refrigerator Pickles

### Ingredients

1 cucumber  
1/4 cup fresh dill sprigs  
3 garlic cloves  
2 tsp kosher salt  
1/4 tsp whole peppercorns  
3 tbsp white vinegar  
Distilled or filtered water  
Quart canning jar and lid

### Instructions

1. Slice your cucumber into spears and finely chop the garlic cloves.
2. Place half of the fresh dill and garlic at the bottom of the canning jar. Then add your cucumber spears, the remaining dill and garlic, and salt, peppercorns, and white vinegar.
3. Pour the filtered water over everything, enough to cover the contents of the jar. Put the lid on, refrigerate, and let sit for 12 hours. After 12 hours, shake the jar to mix up the spices, turn jar over (making sure it is sealed!) and let sit for 12 additional hours in the fridge upside down.
4. After 24 hours, enjoy your pickles! They will keep in the refrigerator for 2-3 weeks.

## Cantaloupe Cucumber Feta Mint Salad

### Ingredients

2 cups cantaloupe, cut into chunks  
2 cups cucumber, chopped into half-moons  
1/2 cup feta cheese, crumbled  
15 fresh mint leaves, torn or chopped  
2 tbsp olive oil  
Juice of 1 lime  
Salt and pepper, to taste

### Instructions

1. Prep all ingredients and add to a large serving bowl. Toss everything together well, adjusting seasonings as desired.
2. Serve immediately, or chill for 30 minutes before serving!

