



# Bittersweet Gardens

CSA NEWSLETTER

## Spring Season, Week 8 What's In My Share?\*

Cucumber	Slaw Mix
Carrots	Chard
Green Onions	Lettuce
Sugar Snap Peas	Basil
Green Beans	Rosemary
Coriander Bouquet	Kale
Nasturtium Flowers	

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 already the last week of our Spring CSA season?! We have loved having you as members, and we are so grateful for your support of Bittersweet's mission! We hope you have savored the flavors of Spring and enjoyed all the fresh produce along the way.

For those of you joining us for the Summer CSA season, please remember that there is no CSA pick-up the week of July 5th-9th. We look forward to seeing you for the first week of Summer CSA on July 13th for Tuesday pick-ups, and July 15th for Thursday pick-ups.

If you are returning for Summer, please plan to bring your box/crate during the first week of Summer CSA. If this is your last week with us, please plan to drop off your box/crate at your convenience for us to reuse (M-F, 8am-4pm, call ext. 1235 when you arrive.)

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 past week, our hardworking crew has been busy as always, all while staying cool in the Summer heat! Cece (pictured at right, below) harvested, sorted, cleaned, and trimmed green onions for our CSA shares. She is an eager, motivated, independent worker, and she knocked out all the green onions for our shares in no time! Since she had extra time on her hands, she helped sanitize harvest crates, too! Thanks for ALL of your help, Cece!

Gino (pictured at right, above) worked several days in Gardens this last week and was truly a jack of all trades! He assisted with harvesting, triple rinsing, watering, weeding, transplanting, sanitizing crates, and stringing tomatoes up in the hoop house (yes, they are coming along!). Gardening is his pride and joy, as you can see in his radiant smile!

Austin (pictured on p.2 at left) harvested and bundled kale for our Thursday shares last week, transplanted swiss chard seedlings, and seeded squash. Austin is a quiet, independent hard worker, and as you can see, he gives a huge "thumbs up!" to being part of the Gardens team.

Finally, Bob (pictured on p.2 at right) assisted with mowing between our hoop houses so the Gardens crew can access them without wet feet! Bob enjoys working in Groundskeeping in addition to Gardens, so this task was a perfect fit for him!

We hope that you have enjoyed getting to know the amazing participants who make up our Gardens team this season. Your CSA purchase directly provides them with paid employment that they LOVE. You have positively impacted lives, and we can't thank you enough.



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

## Red Leaf Lettuce Salad with Grilled Corn, Peaches, Avocado, and Walnuts

### Ingredients

2 ears corn, grilled or raw, kernels shaved off	3 tbsp honey or maple syrup
1 large head red-leaf lettuce, washed and chopped	1/3 cup champagne or white wine vinegar
2 peaches, thinly sliced	1/2 tsp fine sea salt, plus more, to taste
1 avocado, diced	1/8 tsp freshly ground black pepper, plus more, to taste
1/2 cup toasted walnuts	1/2 cup extra-virgin olive oil
1/2 cup crumbled feta cheese	1/2 cup grapeseed oil

### Instructions

1. Make the vinaigrette, whisking together honey, vinegar, salt, and pepper in a small bowl until the honey has dissolved. Continue to whisk the mixture while you stream in the oils. Adjust the salt and pepper to taste.
2. Heat a grill to medium high. Set aside 1/4 cup of corn kernels to top salad, and place the rest in a large bowl. Add the lettuce to the bowl and add vinaigrette, tossing until the greens and corn are lightly coated. Season the lettuce with salt and pepper and toss to combine.
3. Add the peaches, avocado, walnuts and feta, saving a small handful of each to garnish the salad. Transfer the salad to a large platter and sprinkle the reserved corn, peaches, avocado, walnuts and feta on top. Leftover dressing will keep in the refrigerator for up to 3 weeks.

## Rosemary Garlic Roasted Carrots

### Ingredients

2 bunches carrots	2 tsp extra virgin olive oil
2-3 cloves garlic, chopped	1/4 tsp salt
1 tbsp fresh rosemary, chopped	Pepper to taste

### Instructions

1. Preheat oven to 375 degrees F. Clean and peel carrots. Trim stems to an inch in length.
2. Mince garlic and chop rosemary into small pieces.
3. Lay carrots on a baking sheet and drizzle the olive oil over the top. Sprinkle half of the garlic and rosemary over the carrots and toss until evenly coated. Top with the rest of the garlic and rosemary.
4. Bake for 30-35 minutes and enjoy!

## Honey Lime Basil Peach Fruit Salad

### Ingredients

4 large ripe yellow peaches, sliced	6 large basil leaves (or more to taste), cut into ribbons
1 cup blackberries	
3/4 cup blueberries	1-2 tsp honey or maple syrup
Seeds from 1 medium pomegranate	1/2 lime, juiced

### Instructions

1. Add peaches, blackberries, blueberries, pomegranate seeds, and basil leaves to a large bowl.
2. Drizzle honey and lime juice, and toss with tongs.
3. Enjoy immediately!

