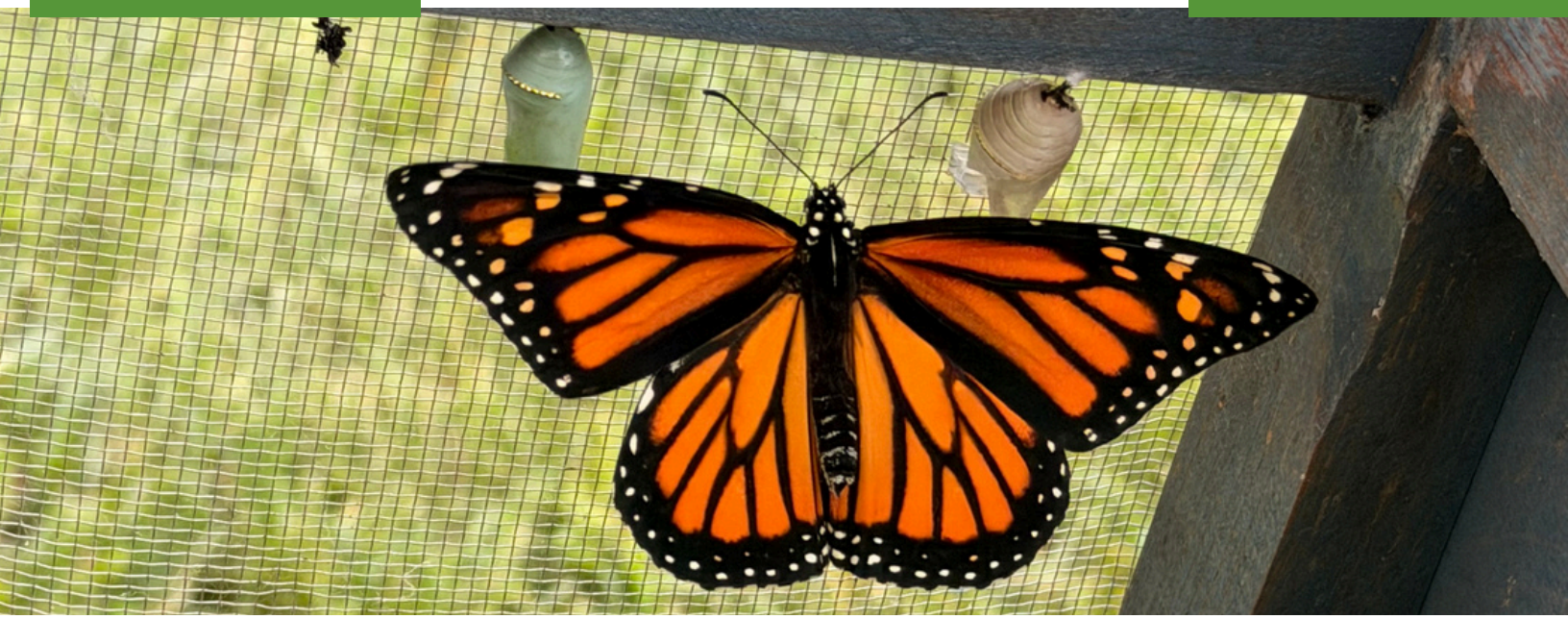
CSA NEWSLETTER

GOODNESS GROWS

Create. Cultivate. Thrive



COME SEE OUR STAFF MEMBER AUDREY FROM 4- 7 PM ON THURSDAY TO PICK UP YOUR SHARE.

JUST A REMINDER

We'd love it if you would email or Facebook us about how you use your produce! Do you have favorite ways to use any share items? Have you created a dish you are excited about? Feel free to let us know anytime, even after the season draws to a close.

NOTE

What GG plans to harvest isn't always what can be harvested. Between the time the email goes out and when basket is packed, some substitutions may occur. So, please be ready for potential changes and enjoy the bounty of the fresh, and sometimes surprising, harvest!

If you realize you can't make it during pick up time, please let us know and we will gladly arrange a Friday pick up.

Call or text Rachel at (330) 853-3578

If you need to contact us about your share

IN THIS WEEK'S SHARE

- Thyme
- Carrots
- Beets
- Banana/Serrano Peppers
- Bell Peppers
- Tomatoes
- Rich sweetness watermelon
- Sugar BabyWatermelon
- Cucumber
- Ground Cherries
- Kale
- Extra

RECIPES AND TIPS

BEETS

The beet is a root vegetable that can be red or golden. Beets can be eaten raw, roasted, steamed, or boiled. Beets are often pickled, spiced, or served in a sweet-and-sour sauce.

CLICK ON THE RECIPE LINKS BELOW TO FIND RECIPES.

EASY PICKLED BEETS

BALSAMIC ROASTED BEETS

CARROTS

The carrot is a crunchy, sweet root vegetable packed with nutrients. Carrots are expecially rich in betacarotines, fiber, and antioxidants.

GLAZED CARROTS