



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS

WHAT'S IN THE CSA THIS WEEK?

Kale - Jorge's Organics | Carrots - Pekarek's Produce | Pea Shoots - The Edible Source | Onion - Abie Vegetable People
Eggs - Sunflower Patch | Cornbread Mix - Big Mama's Kitchen & Catering | Barley - Grain Place Foods

FEATURED PRODUCER

BIG MAMA'S KITCHEN & CATERING

Big Mama's Kitchen & Catering is a family-owned and -operated business founded by Patricia Big Mama Barron in 2007. Located in the Highlander Dining Room, Big Mamas specializes in soul food and traditional American cuisine offering a unique variety of delicious homemade appetizers, entrées, and desserts. Big Mamas has received national attention for their famous oven-fried chicken and delectable sweet potato pie ice cream!

Adapted from: <https://www.bigmamaskitchen.com/>



PRODUCE HIGHLIGHT

EGGS

Eggs are rich in protein, choline and amino acids, and contain zero carbs and no sugar. Eggs are naturally gluten free. At 25¢ a serving, eggs are the least expensive source of high-quality protein.* That's right, 25¢

PROTEIN:

If you start your weekday with cereal or toast instead of eggs, here's a wake-up call: Did you know eggs have 6 grams of high-quality protein? And did you know a protein-packed breakfast helps sustain mental and physical energy throughout the day?

CHOLINE:

Eggs are rich in choline, which is a weird word but it's a "good weird" because choline promotes normal cell activity, liver function and the transportation of nutrients throughout the body. Think of it as a commuter train for vitamins and minerals.

AMINO ACIDS:

Eggs have all 9 essential amino acids. Seems like a lot but remember - they ARE essential.

Adapted from: <https://www.incredibleegg.org/egg-nutrition/egg-facts/>

HEALTHY TIP: AMINO ACIDS

Essential amino acids cannot be produced by the human body, so they must be obtained through diet. With a few exceptions, plant-based foods lack one or more of these nutrients. Meat, dairy and eggs, on the other hand, are complete proteins. Your body needs these nutrients to build new tissues, to recover from stress, to produce energy and to synthesize protein. Tryptophan, for instance, is an essential amino acid that regulates your mood and appetite. It promotes relaxation and protects against anxiety, depression and high blood pressure. Beta alanine, for example, supports glucose metabolism and helps maintain your blood sugar levels within normal limits. Glutamine acts as a recovery agent, promoting muscle repair. It also helps reduce muscle breakdown when you're ill or training harder than usual. Additionally, it boosts immune function and helps balance the gut flora.

Adapted from: <https://healthyeating.sfgate.com/amino-acids-egg-whites-2688.html>

RECIPE: BARLEY AND LENTIL SOUP WITH SWISS CHARD

INGREDIENTS

- 1 tablespoon olive oil
- 1 1/2 cups chopped onions
- 1 1/2 cups chopped peeled carrots
- 3 large garlic cloves, minced
- 2 1/2 teaspoons ground cumin
- 10 cups (or more) low-salt chicken or vegetable broth
- 2/3 cup pearl barley
- 1 14 1/2-ounce can diced tomatoes in juice
- 2/3 cup dried lentils
- 4 cups (packed) coarsely chopped Swiss chard (about 1/2 large bunch)
- 2 tablespoons chopped fresh dill



INSTRUCTIONS

1. Heat oil in heavy large nonreactive pot over medium-high heat. Add onions and carrots; sauté until onions are golden brown, about 10 minutes.
2. Add garlic and stir 1 minute. Mix in cumin; stir 30 seconds. Add 10 cups broth and barley; bring to boil. Reduce heat; partially cover and simmer 25 minutes.
3. Stir in tomatoes with juice and lentils; cover and simmer until barley and lentils are tender, about 30 minutes.
4. Add chard to soup; cover and simmer until chard is tender, about 5 minutes. Stir in dill. Season soup with salt and pepper. Thin with more broth, if desired.

Adapted from: <https://www.epicurious.com/recipes/food/views/barley-and-lentil-soup-with-swiss-chard-231578>



GET INVOLVED WITH COMMUNITY HARVEST PREPARED MEALS AND CSA

Each week you can receive prepared, packaged meals that are nutritious, delicious, fast, easy and economical for individuals and families and/or receive a share of raw produce from what's available from local producers. Register for prepared meals and/or a CSA box at bit.ly/chmeals.

FEEDING OUR NEIGHBORS

This service provides emergency response to urgent community needs for food relief. No More Empty Pots partners with local producers, businesses, community organizations and volunteers to meet the demand with available resources. If you or someone you know is in need of immediate food support, complete the Feeding Our Neighbors registration form at bit.ly/nmepfon.

CONNECT WITH US

For more information or to schedule a tasting, visit us at www.nmepomaha.org/community-harvest, call 402.690.0888 or email communityharvest@nmepomaha.org. Community Harvest is a program of No More Empty Pots and is supported by Immanuel Vision Foundation, and United Way Of The Midlands.

