



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS

WHAT'S IN THE CSA THIS WEEK?

Spinach - One Farm Farm | Asparagus - Old Tree Farm | Rhubarb - Old Tree | Swiss Chard - Jorge's Organics
Carrots - Pekarek's Produce | Daikon - Pekarek's Produce | Oats - The Grain Place

FEATURED PRODUCER

ONE FARM

One Farm is the compilation of many philosophies and life experiences: a love of nature, outdoor exploration, fulfillment from physical labor, creative and seasonal cooking, sustainable growing practices, family roots, living authentically and food as medicine. It is also the result of access to family farmland - a privilege not held by many in the world - and a desire to do something personally meaningful with that access.

Adapted from: <http://www.one-farm.com/home/about>



PRODUCE HIGHLIGHT

RHUBARB

Rhubarb is a member of the Rheum genus of plants. Though it's a hardy perennial vegetable, it's used more like a fruit. In fact, a New York customs court judge ruled in 1947 that it is legally a fruit, and the U.S. Department of Agriculture (USDA) officially classifies it as such. Raw rhubarb has a very tart taste that most people find unpleasant. For this reason, it's almost always cooked with sugar to counteract the sour flavor. The plant is a popular addition to backyard gardens and easy to grow (even difficult to get rid of when you want to). It requires a cold winter to thrive and produces its familiar brilliantly colored stalks—ranging from red to pink to pale green—in the spring.



Only the stalks of the rhubarb plant are eaten because the large, triangular leaves are poisonous. They contain a higher concentration of oxalic acid than foods like spinach, broccoli, and cauliflower (which have perfectly safe levels). It's also thought that rhubarb leaves may contain a more potent unidentified toxin. While you'd likely have to eat a large amount of the leaves for it to be lethal, even small amounts can cause nausea and vomiting. To be safe, do not eat or serve the leaves and keep them out of reach of children and pets.

Adapted from: <https://www.thespruceeats.com/make-the-most-of-rhubarb-this-spring-4126818>

RHUBARB VS. CHARD: WHAT'S THE DIFFERENCE?

Rhubarb vs Chard At first glance, it can be easy to mistake rhubarb for some varieties of chard, specifically ruby red chard, which also has red stems and is often included in bundles of rainbow chard. The two are very different, however. First of all, chard is a member of the beet family, though it's not used as a root vegetable. The stalks of both plants are edible, though only chard's leaves can be eaten. If you can compare the two side by side, you will notice that chard's leaves have more prominent veins and that the color extends all the way through. Rhubarb's veins tend to blend in with the leaf, though this depends on the variety. Taste is the biggest difference: Where rhubarb is profoundly tart, chard tastes more like spinach.

Adapted from: <https://www.thespruceeats.com/make-the-most-of-rhubarb-this-spring-4126818>

RECIPE: APPLE RHUBARB CRISP WITH OAT TOPPING

INGREDIENTS

- 1 pound rhubarb stalks (diced)
- 2 large apples
- 3 tablespoons orange juice
- 1 cup sugar (granulated)
- 1/2 teaspoon cinnamon (ground)
- 1 tablespoon all-purpose flour
- 1 tablespoon butter (cut into small pieces)

FOR THE TOPPING

- 1 cup all-purpose flour
- 1/2 cup brown sugar
- 3/4 cup quick-cooking oats
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 6 tablespoons butter (melted)
- 1 cup sugar (granulated)
- 1/2 teaspoon cinnamon (ground)
- 1 tablespoon all-purpose flour
- 1 tablespoon butter (cut into small pieces)



Share a photo of your homemade recipes! Tag us using the hashtag [#communityharvestathome](#) on Facebook [@nomoreemptypots](#) or on Instagram [@nomoreMTpots!](#)

INSTRUCTIONS

1. Gather the ingredients.
2. Trim the rhubarb and discard the leaves. Cut the stalks into 1/2 inch pieces.
3. Peel the apples and core them. Cut the apples into 1/2 inch dice.
4. Grease and flour a 9-inch square baking dish.
5. Heat oven to 375 F.
6. In a large bowl, combine the 1 cup sugar, 1 tablespoon flour, and 1/2 teaspoon cinnamon; blend well.
7. Add the diced apple and rhubarb along with the 3 tablespoons orange juice.
8. Turn the rhubarb and apple mixture into the prepared pan and dot with the butter.
9. In another bowl, combine the topping ingredients until well blended and crumbly.
10. Sprinkle the crumb mixture over the top of the rhubarb and apple mixture.
11. Bake the crisp in oven for about 45 to 55 minutes, or until the topping is browned and fruit is tender and bubbling.
12. Refrigerate leftover apple rhubarb crisp for up to 3 days.

Adapted from: <https://www.thespruceeats.com/apple-rhubarb-crisp-3060188>

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.

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.

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.

