



# COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS

## WHAT'S IN THE CSA THIS WEEK?

Collard Greens - Jorge's Organics | Carrots - Pekarek's Produce | Red Radishes - Pekarek's Produce | Asparagus - Grandview Farms | Sweet Potatoes - Grandview Farms | Romaine - Grandview Farms | Bok Choy - Jorge's Organics

## FEATURED PRODUCER

### PEKAREK'S PRODUCE

Pekarek's Produce is a family owned and operated vegetable production farm near Dwight, NE. Since 2004, Pekarek's Produce has raised over 50 varieties of crops on more than 15 acres including; radishes, green onions, peas, bulb onions, zucchini, summer squash, beets, potatoes, cucumbers, gourds, pumpkins and more. They enjoy selling directly to the public because it gives them an opportunity to exhibit, sell, and discuss the fine vegetables they grow. [Adapted from: pekareksproduce.com/](http://pekareksproduce.com/)



## PRODUCE HIGHLIGHT

### BOK CHOY (PAK CHOY)

Bok choy, also known as pak choy or pok choy, is a type of Chinese cabbage, that has smooth, wide, flat leaf blades at one end with the other end forming a cluster similar to that of celery. May be eaten cooked or raw.

#### What is the between Bok Choy and Baby Bok Choy?

They are basically the same. The difference is that baby bok choy is harvested earlier producing smaller, more tender leaves. This means that baby bok choy is much sweeter than and is often served directly in soup or in salads. Bok choy, on the other hand, is much heartier, perfect for longer cooking times as in stir-frys.

#### Bok Choy Nutrition

Bok Choy is high in nutrients and low in carbohydrates. As such, it is an excellent option when trying to eat more healthy, low-calorie foods. It is high in fiber, vitamin C, vitamin K, vitamin A, and beta-carotene, this wildly popular green is also an excellent source of folate, calcium, and vitamin B6. It is also considered both a cruciferous vegetable and a leafy green vegetable. [Adapted from: https://theforkedspoon.com/bok-choy-recipe/](https://theforkedspoon.com/bok-choy-recipe/)



## HEALTHY TIP: DON'T JUDGE FRUITS AND VEGGIES BY THEIR SURFACES!

Those not-so-pretty scabs and bumps are actually battle wounds and the sign of a stronger, better, more antioxidant-packed food. Ugly fruits and vegetables are a popular topic these days, as campaigns appear online and in supermarkets throughout Europe and North America, encouraging people to buy less attractive food. It is part of an attempt to combat the excessive food waste that wracks our planet - an estimated 40 percent of all calories produced for human consumption. Many fruits and vegetables are tossed simply because they do not meet aesthetic standards and supermarkets expect customers not to buy them. We've been told that ugly fruits and vegetables are just as good for us as the pretty varieties, but now there's good reason to suspect they might even be better for us. The blemishes, dimples, scars, and scabs that appear on the skin and leaves are a sign that the fruit has battled a biting or gnawing insect or surface infection - and won, which means it is stronger for it.

[Adapted from: https://www.treehugger.com/green-food/ugly-fruits-and-vegetables-have-hidden-health-benefits.html](https://www.treehugger.com/green-food/ugly-fruits-and-vegetables-have-hidden-health-benefits.html)

# RECIPE: BOK CHOY WITH GARLIC

## INGREDIENTS

- 1/2 cup chicken stock or low-sodium broth
- 2 teaspoons cornstarch
- 1 tablespoon vegetable oil
- 2 garlic cloves (minced)
- 2 pounds bok choy (stems cut into 1 inch lengths, leafy tops about 4 inches long OR baby bok choy left whole)
- salt
- black pepper



## INSTRUCTIONS

1. In a bowl, whisk the stock with the cornstarch.
2. In a large skillet, heat the oil.
3. Add the garlic and cook over high heat until fragrant, 20 seconds.
4. Add the bok choy and stir-fry until the leaves start to wilt, 2 minutes.
5. Add the stock and cook, stirring, until slightly thickened, 30 seconds.
6. Remove the bok choy from the heat, season with salt and pepper and serve.

Adapted from: <https://www.foodandwine.com/recipes/bok-choy-garlic>



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

## 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](http://bit.ly/chmeals).

## CONNECT WITH US

For more information or to schedule a tasting, visit us at [www.nmepomaha.org/community-harvest](http://www.nmepomaha.org/community-harvest), call 402.690.0888 or email [communityharvest@nmepomaha.org](mailto: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](http://bit.ly/nmepfon).

