



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS

WHAT'S IN THE CSA THIS WEEK?

Salad Mix - City Sprouts | Tomatoes - Salama Greenhouse | Red Radish - Old Farm | Daikon Radish - Pekarek's Produce
Romaine - Grandview Farm | Asparagus - Grandview Farm | Collard Greens - Jorge's Organics

FEATURED PRODUCER

CITY SPROUTS

City Sprouts works with Omaha-area residents, volunteers, and interns to grow vegetables, flowers, and herbs using environmentally responsible and sustainable gardening techniques in our community gardens and urban farm. We develop and conduct educational programs that teach all age groups from toddlers to adults how to garden, cook, preserve, and more. We work with the community to build local food systems, improve community health, empower neighborhoods, and strengthen economic viability and sustainability. We provide a comfortable setting where people of diverse ages and backgrounds can learn and grow together.

Adapted from: <https://www.omahasprouts.org/mission>



PRODUCE HIGHLIGHT

ASPARAGUS

The name for asparagus -- a member of the lily family -- comes from the Greek word meaning "shoot" or "sprout." Now widely cultivated throughout the world, this regal vegetable is believed to have originated 2,000 years ago in the eastern Mediterranean region, where it was prized for its unique texture and alleged medicinal and aphrodisiacal qualities. Asparagus spears grow from a crown planted in sandy soils and, under ideal conditions, can grow 10 inches in a 24-hour period. The most common types are green, but you might see two others in supermarkets and restaurants: white, which is more delicate and difficult to harvest, and purple, which is smaller and fruitier. This giant veggie is one of the most nutritionally well-balanced vegetables -- high in folic acid and a good source of potassium, fiber, thiamin, and vitamins A, B6, and C. A 5-ounce serving provides 60% of the RDA for folic acid and is low in calories. You can enjoy this veggie raw or with minimal preparation, which the Romans seemed to appreciate. They had a saying, "As quick as cooking asparagus," for something done rapidly.



Health Benefits of Asparagus

Just half a cup of asparagus contains 1.8 grams of fiber, which is 7% of your daily needs. Studies suggest that a diet high in fiber-rich fruits and vegetables may help reduce the risk of high blood pressure, heart disease and diabetes. Asparagus is particularly high in insoluble fiber, which adds bulk to stool and supports regular bowel movements. It also contains a small amount of soluble fiber, which dissolves in water and forms a gel-like substance in the digestive tract. Soluble fiber feeds the friendly bacteria in the gut, such as Bifidobacteria and Lactobacillus (21Trusted Source). Increasing the number of these beneficial bacteria plays a role in strengthening the immune system and producing essential nutrients like vitamins B12 and K2 (22Trusted Source, 23Trusted Source, 24Trusted Source). Eating asparagus as part of a fiber-rich diet is an excellent way to help meet your fiber needs and keep your digestive system healthy.

Adapted from: <https://www.webmd.com/diet/features/the-health-benefits-of-asparagus>

Adapted from: <https://www.healthline.com/nutrition/asparagus-benefits#section3>

RECIPE: RADISH & ASPARAGUS SALAD

INGREDIENTS

- 1 pound fresh asparagus, trimmed and cut into 2-inch pieces
- 7 radishes, thinly sliced
- 2 tablespoons sesame seeds

DRESSING

- 2 tablespoons olive oil
- 2 tablespoons thinly sliced green onion
- 1 tablespoon white wine vinegar
- 1 tablespoon lemon juice
- 2 teaspoons honey
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/4 teaspoon grated lemon zest
- 1/4 teaspoon pepper



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

INSTRUCTIONS

1. In a large saucepan, bring 6 cups water to a boil. Add asparagus; cover and boil for 3 minutes.
2. Drain and immediately place asparagus in ice water. Drain and pat dry.
3. Transfer to a large bowl; add radishes and sesame seeds.
4. Place dressing ingredients in a jar with a tight-fitting lid; shake well.
5. Pour over salad; toss to coat.

Adapted from: <https://www.tasteofhome.com/recipes/radish-asparagus-salad/>

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.

