



# COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS

## WHAT'S IN THE CSA THIS WEEK?

Green & Purple Baby Bok Choy - City Sprouts | Salad Mix - City Sprouts | Barley- The Grain Place | Spinach - City Sprouts  
Easter Egg Radishes - City Sprouts | Asparagus - Grandview Farm

## FEATURED PRODUCER

### GRAIN PLACE FOODS

It all began on the Vetter family farm near Marquette, Nebraska in 1953. That is when Don Vetter, questioning the science and ethics of the agricultural practices of the day, began to adopt organic farming methods. Don's son David returned to the farm in 1975 after earning a Bachelor's Degree in agronomy/soil science from the University of Nebraska, and a Master of Divinity Degree from United Theological Seminary in Dayton, Ohio. For David, organic, sustainable farming methods became an application of both biological and theological principles. The Vettters were true pioneers, being among the first in the region to take the organic challenge. Their courage and perseverance paid off; the farm was certified organic in 1978, and became The Grain Place, Inc. in 1979.

Adapted from: <https://grainplacefoods.com/our-story/>



## PRODUCE HIGHLIGHT

### BARLEY

This ancient grain is sadly overlooked by today's culinary trendsetters, yet it is one of the grains with the greatest health benefits, delightful flavor and versatility. Barley can be used as a delicious breakfast cereal, in soups and stews and as a rice substitute for dishes such as risotto. Not only is barley a low-glycemic grain, it is high in both soluble and insoluble fiber.

Adapted from: <https://www.oprah.com/health/barley-dr-perricones-no-3-superfood>



## HEALTHY TIP: SOLUBLE FIBER

Soluble fiber helps the body metabolize fats, cholesterol and carbohydrates, and lowers blood cholesterol levels. Insoluble fiber—commonly called “roughage”—promotes a healthy digestive tract and reduces the risk of cancers affecting it (e.g., colon cancer). Dietary fiber is critical to health—yet few people in our modern society even come close to the recommended daily intake. Many experts believe that good health begins in the colon, and without sufficient dietary fiber in the diet, we run the risk of a host of diseases, ranging from hemorrhoids to colon cancer. The fiber found in barley provides food for the beneficial bacteria in the large intestine. This is important as the “good” bacteria can crowd out the disease-causing bacteria in the intestinal tract, resulting in greater health and disease resistance.

Adapted from: <https://www.oprah.com/health/barley-dr-perricones-no-3-superfood>

# RECIPE: SPINACH BARLEY RISOTTO

## INGREDIENTS

- 5 cups of vegetable broth
- 2 cups water
- 1 1/2 cups pearl barley
- 1 Tablespoon extra virgin olive oil
- 1 Tablespoon unsalted butter
- 1 large shallot, peeled and thinly sliced
- 2 large garlic cloves, peeled and minced
- 1 cup white wine
- 1 cup, packed fresh baby spinach
- kosher salt and black pepper to taste
- 1/2 lemon, juiced



## INSTRUCTIONS

1. Pour broth and water in a saucepan set over low heat and gently heat. Keep warm over a low flame while preparing the risotto.
2. Place a large straight sided skillet over medium heat. Add uncooked barley and toast until golden brown and fragrant, stirring occasionally, 2-3 minutes. Take care not to let barley burn. stirring occasionally, 2-3 minutes. Take care not to let barley burn.
3. Remove barley from pan and return pan to medium heat. Add olive oil and butter. After butter has melted add shallots and sauté for 60 seconds until they begin to soften.
4. Add garlic and sauté an additional 60 seconds. Add barley back to pan and stir into shallot mixture.
5. Once barley is stirred in, add wine to the pan. Stirring occasionally, let barley cook, keeping it at a low simmer, for about 4-5 minutes or until the wine is almost absorbed.
6. Add about 1 cup of the warm stock to the barley pan and cook, stirring occasionally, for about 5-7 minutes or until the stock has been almost absorbed.
7. Repeat this process of adding stock, stirring, and simmering until barley is cooked through and has taken on a creamy, tender texture. The entire process will take about 60-65 minutes.
8. Stir in spinach and allow to wilt. Stir in lemon juice and season with salt and pepper to taste and serve immediately.

Adapted from: <https://jellytoastblog.com/barley-spinach-risotto/>



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](https://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, United Way of the Midlands, Nebraska Food Cooperative and Lone Tree Foods.

