



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS

WHAT'S IN THE CSA THIS WEEK?

Mushrooms - Flavor Country Farms | Eggs - Sunflower Patch Farms | Spinach - City Sprouts | Cucumber - Farm Table Turnips - City Sprouts | Collard Greens - City Sprouts

FEATURED PRODUCER

FLAVOR COUNTRY FARMS

Flavor Country Farms was founded in 2017 by entrepreneur and food addict Kevin Novak. Kevin has long been involved with food as he graduated with Le Cordon Bleu credentials from The Cooking and Hospitality institute of Chicago. From there he worked in restaurants across the Chicagoland area as well as Omaha, NE for over 15 years. We cultivate various types of Oyster Mushrooms, Shiitake, Chestnut, (Karitake), Lion's Mane, and Reishi, as well as Grow "At Home" Kits, Wine Cap Spawn, and pre-inoculated Shitake Logs. If you want to dabble even further, we have Liquid Culture Syringes, Pure Agar Cultures, and Pure Grain Spawn.

Adapted from: https://www.facebook.com/pg/Flavor-Country-Farms-484135745284772/about/?ref=page_internal



WHAT EXACTLY IS A MUSHROOM?

Although mushrooms are classified as vegetables, technically they are not plants but part of the kingdom called fungi. However, they share some characteristics with plants and, as you will find out, even with animals! Mushrooms are low in calories, have virtually no fat and no cholesterol, and are very low in sodium. Three ounces of raw mushrooms, about 1 cup, provide 1 to 2 grams of protein. Mushrooms contain an indigestible carbohydrate called chitin that contributes "bulk" to our diet. Chitin is also found in shrimp and crab shells but not in plants. Mushrooms provide the B vitamins riboflavin and niacin, which are especially important for people who don't eat meat. Most mushrooms are also a good source of selenium and potassium. Surprisingly, mushrooms also provide a small amount of vitamin D and can increase their vitamin D content when they are exposed to light, just like our skin makes vitamin D from sunlight. No other "vegetable" can do that! Look for high vitamin D mushrooms in your grocery store.

Adapted from: <https://fruitsandveggies.org/stories/iv-for-060609-sylvia-emberger/>

PRODUCE HIGHLIGHT

SCARLET OHNO TURNIPS

Outstanding red to magenta skinned turnip with white interior. Large greens are hairless with reddish coloring up to the rib. The roots are mild enough to slice and eat drizzled with olive oil or dipped in hummus. They also stand up well to longer simmer in a winter stew. Very delicious just about any way you want to eat them. Don't forget the greens! These work in salads, soups and stir-fry.

Adapted from: <https://www.redwoodseeds.net/products/scarlet-ohno-turnip>



RECIPE: MUSHROOM AND SPINACH FRITTATA

INGREDIENTS

- 6 eggs
- 1/4 cup (60 ml) milk
- 1 cup (250 ml) grated cheddar cheese
- 1 onion, thinly sliced
- 4 oz (115 g) white button mushrooms, sliced
- 3 tablespoons (45 ml) butter
- 2 cups (500 ml) baby spinach
- Salt and pepper



INSTRUCTIONS

1. With the rack in the middle position, preheat the oven to 180 °C (350 °F). Butter a 20-cm (8-inch) square baking dish. Set aside.
2. In a large bowl, combine eggs and milk with a whisk. Add cheese. Season with salt and pepper. Place bowl aside.
3. In a large non-stick skillet, brown onion and mushrooms in butter over medium heat. Season with salt and pepper. Add spinach and continue cooking for about 1 minute, stirring constantly.
4. Pour mushroom mixture into egg mixture. Stir well and pour into baking dish. Bake the frittata for about 25 minutes or until lightly browned and puffed. Cut frittata into four squares and remove from dish with a spatula. Place on a plate and voila, it is ready to serve warm or cold.

Adapted from: <https://www.ricardocuisine.com/en/recipes/5849-mushroom-and-spinach-frittata>



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.

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, United Way of the Midlands, Nebraska Food Cooperative and Lone Tree Foods.

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.

