



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS

WHAT'S IN THE CSA THIS WEEK?

Kale - Flint Ridge | Butterhead Lettuce - Wolff Farms | Cucumbers - FarmTable | Asparagus - Grandview Farms
Tomatoes - Salama Greenhouse | Beets - Rhizosphere Farm & City Sprouts

FEATURED PRODUCER

WOLFF FARMS

Located just southeast of Norfolk Nebraska, Wolff Farms' land has been owned and operated by the Wolff family for over 140 years. All produce is grown using organic practices, and the farm became certified organic in 2015. All animals are raised naturally and on pasture. Just over 34 acres of the farm has been put into wildlife habitat reserve with the emphasis of promoting life rather than destroying it. Wolff Farms knows that it's important to know what you're eating, and it's even more important to know what you aren't eating. We want you to know that all of our products are pesticide-free. We strive to make sure that you and your family can sleep easier knowing that our produce is not only organic, but that we also ensure safe and green manufacturing and facility processes.

Adapted from: <https://wolfffarmsproduce.com/about-us/>

COOL TRICK FOR DEALING WITH BITTER GREENS

There's an amazing tool for transforming bitter, dark leafy greens into a tender, melts-in-your-mouth salad packed with punchy citrus, garlic and Parmesan. And it's only an arm's length away: your hands! A few minutes of judicious massaging will completely transform kale, mustard greens or broccoli rabe into something velvety and soft. The secret is in the squeezing: by doing so you actually start to break down the cell walls, releasing enzymes that split apart the bitter-tasting compounds. That's great news for anyone who's wanted to enjoy these greens' amazing benefits (they're packed with dietary fiber and bone-healthy vitamin K) but couldn't learn to love the taste. Turns out that if you want your greens to mellow out, all you have to do is give them a massage.

Adapted from: <http://www.eatingwell.com/article/119973/a-new-cooking-technique-for-bitter-greens/>

FEATURED PRODUCE

KALE

Tina Paymaster, a certified health and lifestyle coach and an "ambassador" for National Kale Day, listed heart health, detoxing, bone health, skin health and cancer and diabetes prevention as among kale's many benefits. "Kale is high in vitamins K, A and C," Paymaster told Live Science. "Vitamin K is important for heart health, blood clotting, bone health, cancer prevention and diabetes prevention. Vitamin A helps support skin health and vision. Vitamin C is important for immune health and joint health, helps to keep the body hydrated and also increases your metabolism." According to the George Mateljan Foundation's World's Healthiest Foods website, kale contains more than 1,000% of the recommended daily intake of vitamin K, 98% of vitamin A and 71% of vitamin C (that's more than an orange).

Adapted from: livescience.com/50818-kale-nutrition.html

RECIPE: CHOPPED TOMATO CUCUMBER SALAD

INGREDIENTS - CHOPPED TOMATO CUCUMBER KALE SALAD

- 5 cups packed baby kale (5 ounces/142 grams)
- 2 medium cucumbers, roughly chopped (3 cups/395 grams)
- 7 small tomatoes, quartered (3 cups/380 grams)
- Optional topping: fresh parsley

INGREDIENTS - ITALIAN DRESSING

- 3 tablespoons lemon juice
- 1 tablespoon + 1 teaspoon olive oil
- 1 tablespoon + 1 teaspoon red wine vinegar
- 1 tablespoon Italian seasoning
- red pepper flakes, to taste
- salt and pepper, to taste

INSTRUCTIONS

1. Make the dressing by putting all the ingredients into a small jar and mix well. Set aside.
2. Roughly chop the kale and add to a large mixing bowl. Add cucumber and dressing and mix well. Add diced tomatoes and gently toss to cover with dress. Top with fresh parsley if using.

Adapted from: <https://eatthegains.com/chopped-tomato-cucumber-kale-salad/>



Share a photo of your homemade recipes!

Tag us using the hashtag [#communityharvestathome](https://www.facebook.com/nomoreemptypots) on Facebook [@nomoreemptypots](https://www.facebook.com/nomoreemptypots) or on Instagram [@nomoreemptypots!](https://www.instagram.com/nomoreemptypots)

CSA'S - WHAT ARE THEY?

WHAT IS A CSA?

- Community Supported Agriculture (CSA) is a great way to get access to affordable local, seasonal, fresh and healthy raw produce.
- Each week, you will be receiving a share of what's available from local farmers and producers.

WHAT IS DIFFERENT ABOUT NO MORE EMPTY POTS' CSA?

- No More Empty Pots sources seasonally available produce for the Community Harvest CSA from a variety of local sources to create a more sustainable food system.
- Globalization, industrialized farming and lengthy transportation of produce does not secure food production and by supporting No More Empty Pot's CSA, we can help make a difference.

WHAT IS THE HISTORY OF CSA'S?

- CSAs originated in the U.S in the 1980s.
- People would purchase a "share" of the farmer's produce at the beginning of the season, and in turn receive a portion of the farmers' "assets" throughout harvest.
- The upfront cash would enable the farmer to purchase seeds and supplies, and the purchaser would help minimize the risk factor by sharing in the bounty of good years, receiving larger amounts of produce and in the lean years, a smaller amount.

CAN YOU TELL ME ABOUT THE FOOD I'LL BE RECEIVING?

- At No More Empty Pots, we hope to continue to provide a stable amount of products by procuring produce throughout the year from farmers using greenhouses, as well as local hydroponic (cultivating plants in water) and aquaponic (added use of fish) grown food.
- You will be receiving food that is "in season" and harvested typically within a few days of receiving your CSA.
- In the spring, your share will have more "greens" and radishes, as they grow well in cooler temperatures. The summer and early fall months will bring more typical "garden" produce, and during the winter, many root vegetables and storage crops such as potatoes, carrots and beets.

CAN YOU TELL ME ABOUT ORGANIC PRODUCE & PRODUCTS?

- When available, NMEP tries to purchase organic products.
- This is a more sustainable way of growing without using chemical fertilizers, pesticides and growth regulators.
- Typically, it involves the use of heavy organic matter to promote stronger plants that are able to fight off insects and diseases.
- Due to the lack of strong chemicals, you may see a small pest. Do not be alarmed, it can happen even after we do what we can to avoid these occurrences.
- It is always recommended to wash your produce before it is consumed.

WHAT IF I DON'T CARE FOR THE PRODUCTS I RECEIVE?

- CSAs are a great way to try new produce. We try to list all produce on the insert you will find in each bag/box.
- However, due to issues beyond our control (weather, pests) we may need to substitute at the last minute.
- If you receive an item that you will not be eating, please feel free to share it with your family or friends so that it doesn't end up as "waste". NMEP believes in the concept of zero-waste and would love to see you join us on our journey in making our food system more sustainable.

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.

