



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS

WHAT'S IN THE CSA THIS WEEK?

Zucchini - Flint Ridge | Yellow Summer Squash - Flint Ridge | Lettuce - Pekarek's Produce & Abie Vegetable People
Radishes - Pekarek's & Wolff Farms | Green Onions - Wolff Farms | Corn Meal - Early Morning Harvest
Eggs - Rosmann Family Farms and Sunflower Patch

FEATURED PRODUCER

EARLY MORNING HARVEST

Early Morning Harvest is a small-family farm raising vegetables in an aquaponics greenhouse, as well as ; pastured poultry for egg production; and flours made from certified organic cereal grains (wheat, rye, buckwheat, and corn meal) raised on our farm. We take pride in the fact that no synthetic chemicals are used on our farm. Our highest priority is caring for our land and animals so that the food we grow and offer to our community is fresh and healthy.

Adapted from: <https://earlymorningharvest.com/about/>



PRODUCE HIGHLIGHT

WHAT IS ZUCCHINI AND WHY YOU SHOULD EAT IT.

If you're trying to add more plants to your diet, zucchini is as an incredibly versatile option to incorporate into recipes. Its flavor isn't overwhelming, making it a successful addition to baked goods or a satisfying substitute for pasta. The summer squash is also great by itself, sautéed, grilled, or roasted. Plus, it's perfect to serve with any protein. The best way to describe zucchini's taste is mild. While it's a little bit sweet, it mostly takes on the characteristics of how it is cooked. Sauté it in olive oil with a little garlic, and it becomes a crispy carrier of



becomes a sweet addition to the batter. The summer squash adds to a dish and never overpowers the other flavors. Zucchini purée can be added to the batter in everything from muffins to cakes and cookies. Its relatively mild flavor doesn't compete with the taste of baked goods, so it's a great choice to add to muffins, bread, cakes, bars, or even brownies. Hoffstetter sees many reasons to include it in your diet. "It's a non-starchy vegetable. It's low in calories with no fat, high in fiber. It's a filler food for weight loss because of the fiber content. It helps keep blood sugar stable, regulates bowels, and improves your gut health," the RD says. Vitamins A and C, which are found in zucchini, can also boost your immune system and help with vision. Don't peel the skin off, though. "The dark green skin has the most vitamins," Hoffstetter says.

Adapted from: <https://www.eatthis.com/what-is-zucchini/>

12 TIPS TO GET KIDS TO EAT MORE VEGETABLES

- Mix veggies into meals
- Continue to introduce (and re-introduce) vegetables
- Changing presentation can go a long way
- Appearance is important
- Keep trying
- Make it fun
- Let eating veggies be more interactive
- Incorporate more vegetables into a favorite dish
- Be sneaky
- Make vegetables more appealing
- Combine favorite flavors with vegetables
- Enjoy the whole experience of cooking veggies

For more tips and creative recipes, visit <https://bit.ly/3fn7sQW>

RECIPE: CORNMEAL CRUSTED VEGGIES

INGREDIENTS

- ½ lb green beans, stems cut off
- ½ cup all-purpose flour
- 2 eggs
- ¼ cup milk
- 1 cup cornmeal
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp paprika
- ½ tsp garlic powder

ALTERNATIVE VEGGIE OPTIONS

- zucchini
- bell pepper sticks
- cauliflower OR broccoli florets
- carrot sticks



INSTRUCTIONS

1. Heat the oven to 450 °F. Set up your breading station! On one plate, spread out the flour. Crack both eggs into a bowl, add the milk, and mix lightly with a fork. On another plate, spread the cornmeal, salt, black pepper, Paprika, and garlic powder. Mix the plate with your fingers.
2. Spread a small amount of oil or butter across a baking sheet.
3. A few at a time, take the green beans and dredge them in the flour. Next, transfer the flour-covered beans to the egg mixture. Cover the beans lightly with egg mixture, being careful to shake off any excess egg. Then transfer to the cornmeal mixture and coat them evenly.
4. Carefully spread the crusted green beans onto the baking sheet. Repeat until you've done them all. If you run out of any of the three mixtures, just mix up a bit more.
5. Bake for 10 to 15 minutes, until golden and crispy. Enjoy hot with your favorite dipping sauce!

Adapted from: <https://books.leannebrown.com/good-and-cheap.pdf>



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.

