



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS

WHAT'S IN THE CSA THIS WEEK?

Carrots - Rhizosphere Farm | Turnips - Clear Creek Farm | Cucumbers - Jorge's Greenhouse | Cabbage - Wolff Farms
Tomatoes - Salama Greenhouse | Romaine - Jorge's Greenhouse

FEATURED PRODUCER

RHIZOSPHERE FARM

Rhizosphere Farm is located in the beautiful Loess Hills of Iowa just south of Missouri Valley. The farm is almost 6 acres nestled close to the loess 'front range' where amazingly lush and loamy soil exists. Old Lincoln highway which is a scenic bypass is the most direct way to access the farm. Just to the east is the lovely Old Town Conservation area which features a Loess Hills little bluestem prairie and Eastern Great Plains bur oak woodlands.

Adapted from: <https://rhizospherefarm.org/>



4 EASY WAYS TO WASH CSA VEGETABLES

Just because your veggies are farm fresh does not mean they're free of dirt, bugs, pesticide elements or bacteria that could potentially cause food poisoning. These four quick steps will keep produce cleaner and fresher and make them taste that much better-so you can enjoy every bite without having to worry.

1. Rinse in cold running water | Best for: Delicate produce. It's wise to first get rid of any germs on your hands so they don't transfer to the freshly picked veggies. After washing your hands with warm water and soap, gather the vegetables and cut off any visibly damaged areas with a sharp knife. We know it's tempting, but don't peel the veggies just yet-simply rinse them under cold water in a sink, rubbing each section gently. Once you've patted the vegetables dry with a paper towel, you're free to peel and prepare them any way you'd like. If the veggies are tightly packed, like those delicious cherry tomatoes you couldn't resist snatching up, be sure to separate them to rinse each one.

2. Soak | Best for: Tightly packed, unevenly textured vegetables. Reaching every nook and cranny can seem next to impossible with broccoli, cauliflower and any other farmers market finds that sport a rough, bumpy texture. Since simply rinsing these types of vegetables won't guarantee complete cleanliness, it's best to soak them, too. Fill a large pot with cool water. Add the vegetables and turn each one so that every inch gets wet. Allow them to collectively soak for about two minutes, then rinse each one thoroughly; this ensures that any lingering dirt particles and contaminants hiding in the veggies' raised exteriors are washed away completely. Never soak porous vegetables like mushrooms.

3. Scrub with a vegetable brush | Best for: Firm vegetables. The sturdier the veggie, the easier it is to scrape away leftover residue from pesticides. Using a produce brush, scrub cucumbers, squash and other types of firm vegetables while simultaneously rinsing them in cold water. Once they're all clean, blot dry with a cloth. The bristles of a vegetable brush also work hard to remove any small garden bugs that are clinging for dear life-most definitely an incentive to get them squeaky clean.

4. Wash vegetables with a white vinegar solution | Best for: Any veggie begging for a deep clean. Vegetables are pretty low-maintenance, and can be disinfected with just water-most of the time. In fact, the Food and Drug Administration advises against the use of detergents, soap or any other commercial product altogether while cleaning them. However, for those of you who are extra wary of getting a foodborne illness from a contaminated veggie, a homemade white vinegar solution can be used to sterilize them. Combine 1½ cups water with ½ cup white vinegar and add a teaspoon of lemon juice. Soak or spray veggies with the mixture, and dry with a clean towel. The acidic cleaner is completely safe, and let's be real-if there's a chance to use white vinegar, we're the first to jump on it.

Adapted from: <https://www.tasteofhome.com/article/4-ways-to-wash-vegetables-from-the-farmers-market/>

RECIPE: SAUTEED CABBAGE

INGREDIENTS

- 1 small head green cabbage – about 2 1/2 pounds
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 tablespoon apple cider vinegar – plus additional to taste
- 1 tablespoon chopped fresh thyme – optional

INSTRUCTIONS

1. Cut the cabbage in half from its top down through its core. Place the cut-side down on your cutting board, then slice it as thinly as possible around the core so that you have fine ribbons. Discard the core.

2. Heat a large saute pan or similar heavy-bottomed pot over medium-high heat. Add olive oil and butter. Once the butter is melted, add the cabbage, salt, and pepper. Saute for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Don't feel like you need to constantly stir it. Leaving cabbage undisturbed for a minute or two as you go is what will allow it to develop brown caramelized bits (aka FLAVOR).

3. Remove from the heat and stir in the apple cider vinegar. Taste and add a bit of additional salt and pepper if you like, or a splash more vinegar if you'd like to add more zippy and acidic flavors. Sprinkle with thyme. Serve warm. *Adapted from: <https://www.wellplated.com/sauteed-cabbage/>*



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

CABBAGE FACTS

Cabbage is high in fiber, vitamin C & K, and naturally fat free and cholesterol free. Cabbage is a nutritional powerhouse that is an excellent source of manganese, vitamin B6, and folate; and a good source of thiamin, riboflavin, calcium, potassium, vitamin A, tryptophan, protein and magnesium. Cabbage has virtually no fat. One cup of shredded raw cabbage contains 50 calories and 5 grams of dietary fiber. Cabbage can be steamed, boiled, braised, microwaved, stuffed, or stir-fried, and eaten raw. One cup of shredded raw cabbage contains 190% of the recommended daily amount of vitamin C. Cabbage is an excellent source of vitamin K. 1 cup (150 grams) of shredded, boiled cabbage contains 91% of the recommended daily amount of vitamin K. Cabbage and its relatives (broccoli, cauliflower, brussels sprouts) are rich sources of phytochemicals, naturally-occurring plant chemicals that may protect people against some forms of cancer.

Adapted from: <http://www.wafarmtoschool.org/ToolKit/15/cabbage/Facts>

Adapted from: "From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)", and Fruits and Veggies More Matters.

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

