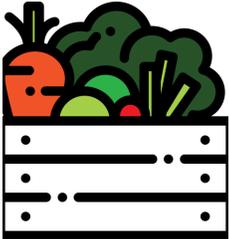




# COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



## WHAT'S IN THE CSA THIS WEEK?

- Beets - Rhizosphere Farm
- Vidalia Onions - Grandview Farm
- Kale - Benson Bounty
- Romaine - Old Tree
- Collard - Old Tree
- Kohlrabi - Wolff Farms

*Please note: This week there are a lot of greens in the offering due to limited availability during the holiday. Many of our distributors will resume regular delivery next week and we'll be able to provide more variety!*

## FEATURED PRODUCER

### BENSON BOUNTY

Michelle and Mark Brannen own and operate Benson Bounty LLC, a family farm located on 1.5 acres of land in Omaha, Nebraska. We utilize sustainable practices to care for our land and pride ourselves on producing clean, healthy food for our community. We grow Nebraska's finest heirloom garlic as well as countless varieties of fruits, vegetables, flowers and herbs—both culinary and medicinal.

Adapted from: <https://www.bensonbounty.com/>



## FEATURED PRODUCE

### KOHLRABI

Kohlrabi is a cruciferous vegetable, just like cabbage, broccoli and kale. This funny-looking vegetable is about the size and shape of an orange, with a bunch of leafy stems sticking out.

- Thick skin and edible leaves that can be eaten raw or cooked like any other greens.
- Smaller bulbs tend to be more tender and flavorful. Larger bulbs ones are fine for cooking and eating.
- In taste and texture, kohlrabi reminds me of peeled broccoli stems with a bit of peppery radish thrown in.
- Trim kohlrabi and peel it very thoroughly (you may need a sharp knife for this; the skin is quite tough and indigestible). Slice, julienne or grate it into your salad or slaw for a great crunch and a fresh but slightly spicy flavor.



Adapted from: <https://www.foodnetwork.com/fn-dish/recipes/2016/07/what-do-i-do-with-kohlrabi>

## COOKING TIP: FOLLOW THESE TWO STEPS FOR COOKING COLLARD GREENS, TURNIP GREENS, BEET GREENS, OR ANY OTHER TYPE OF COOKING GREENS.

This basic method works for most greens and yields four servings. Spinach is an exception—while you can boil it similar to the method included below, cooked spinach is best when sautéed.

### PREP THE GREENS

- Wash 12 ounces greens in cold water. Drain well in a colander. Remove the stems by cutting them away with a sharp knife. Discard any bruised leaves.
- Tear the leaves into pieces. You should have about 12 cups total.

### COOK THE GREENS

- Bring a small amount of lightly salted water to boiling in a Dutch. Add the greens.
- Cover the pan and cook until tender. Chard and beet greens will take 8 to 10 minutes; kale, mustard, turnip, and collard greens will take 15 to 20 minutes.
- Drain the greens well in a colander, pressing to remove excess liquid.
- If desired, toss with 1 tablespoon butter or olive oil. Season to taste with salt and pepper.

### FOR MORE FLAVOR

- Use chicken broth for the cooking liquid instead of water.
- Add chopped onions, garlic, and/or bacon to the cooking liquid.
- Top cooked greens with crumbled crisp-cooked bacon.
- After cooking, sprinkle greens with balsamic or cider vinegar.

Adapted from: <https://www.verywellfit.com/health-benefits-of-green-leafy-vegetables-2242154>



## HEALTH BENEFITS OF DARK GREENS

Dark green vegetables deliver a bonanza of vitamins, minerals, and phytonutrients. Dark green leafy vegetables are among the most nutritious. Unless you top your dark green vegetables with butter or cheese, they are likely to be the least caloric food on your plate. For example, a full cup of spinach provides only seven calories. A cup of kale provides about 33 calories and a cup of broccoli contains just over 30 calories.

Consider these three ways to add leafy greens to your diet:

- Smoothies: Add frozen green leafy veggies like kale, spinach, or beet greens to your green smoothie along with fruits like banana and apple. If you don't like veggies, this is a great introduction to increasing your intake because you are not likely to taste them.
- Sandwiches or wraps: Bulk up your sandwich by piling on leafy greens like spinach or romaine lettuce. Or try using green leafy vegetables in the place of bread in sandwiches or wraps to reduce starchy or processed carbs.
- Egg scrambles: Add your favorite leafy green vegetables to omelets or egg scrambles.

Adapted from: <https://www.verywellfit.com/health-benefits-of-green-leafy-vegetables-2242154>

## 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](http://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](http://bit.ly/nmepfon).

## 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.