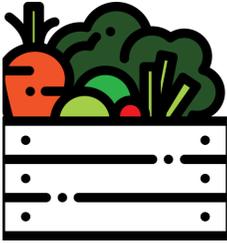




COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Eggplant - Jorge's
- Swiss Chard - Benson Bounty & One Farm
- Cauliflower - Old Tree
- Tomatoes - Salama
- Lacinto Kale- Wolff Farms
- Cucumbers - Wolff Farms

FEATURED PRODUCER

OLD TREE FARM

At Old Tree Farm, we believe that our food has a story to tell. Growing food is part of our story. In fact, it's almost our entire story. Grandma and Grandpa moved to this farm in 1941, and since then we've been growing: the farm, the family, and the food. Corn, soybeans, cattle, chickens, hogs and hay have all been a part of the farm's history. Of course, this is Iowa. But for the past nine years our family has worked to transition a portion of the farm to grow vegetables and fruit using organic methods. The farm was granted certified organic status in 2015.

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



FEATURED PRODUCE

ENJOYING CAULIFLOWER

Steaming and broiling are probably the most common ways to cook cauliflower, but they can leave the vegetable mushy and bland. That's why Mangieri suggests roasting, sautéing and eating it raw to retain more flavor. The shape of the florets and their mild taste make them perfect for dipping into dressings and sauces. Here are Mangieri's suggestions for including this versatile veggie in your diet:

- Cut it up and eat it raw, plain or with hummus or low-fat ranch dressing.
- Roast the vegetable with a small amount of olive oil, or use it in a stir-fry.
- Mash cauliflower as a substitute for mashed potatoes.
- Pulse cauliflower in a food processor until it forms rice-size pieces. Enjoy it in place of white rice.
- Use riced cauliflower in place of flour as the main ingredient in a homemade pizza crust.
- Top it with breadcrumbs and bake in the oven for a tasty, healthy side dish.

Adapted from: <https://www.livescience.com/54552-cauliflower-nutrition.html>

RECIPE: SMOKY AND SPICY ROASTED CAULIFLOWER

Roasted veggies are always delicious, but there's something magical that happens to cauliflower in the oven. It gets so crispy and nutty, and that flavor is brought out even more with the spices here. I'm happy to just eat a bowl of this for dinner, maybe with an egg on top.

INGREDIENTS

- 1 head cauliflower, cut into small pieces
- 2 cloves garlic, unpeeled
- 1 tbsp butter, melted
- 1 tsp smoked paprika
- ½ tsp cayenne pepper
- salt and pepper

INSTRUCTIONS

1. Turn the oven to 400 °F.
2. In a medium-sized roasting pan, arrange the cauliflower pieces and the unpeeled cloves of garlic.
3. Pour the butter over the cauliflower and then sprinkle the spices over top.
4. Use your hands to thoroughly coat the cauliflower with butter and spices.
5. Bake for 45 minutes acidic flavors.
6. Sprinkle with thyme.
7. Serve warm.

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](#)!

HEALTHY TIP: FREEZE YOUR VEGGIES

Freeze your vegetables if you can't eat them right away! Freezing vegetables at home is a fast and easy way to preserve nutrients and enjoy the taste of summer vegetables all year long. Most vegetables need to be blanched before they are frozen.

- Boil the whole or cut up pieces of the vegetable for 1-2 minutes.
- Immediately place in ice cold water to stop the cooking process.
- This will keep your vegetables from getting freezer burn. Frozen vegetables will be fine for up to one year.

Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts and sweet potatoes

Adapted from: <https://bit.ly/2Z8s4qU>

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.