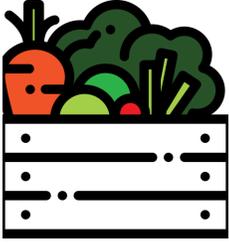




COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Sweet Corn - Daniels Produce
- Heirloom Tomato - Stream Meadow Farms
- Green Beans - Abie Vegetable People
- Eggs - Sunflower Patch, Rosmann Family Farms
- Daikon Radishes - City Sprouts
- Red Butterhead - Wolff Farms

FEATURED PRODUCER

STREAM MEADOW FARMS

Stream Meadow Farms specializes in growing delicious tomatoes. Originating from genetics that have stood the “taste” of time, our heirloom and heirloom crossed tomatoes are USDA certified organic by OneCert. Adapted from: <https://www.streammeadowfarms.com/our-farm>



HEALTHY TIP

HOW TO BLANCH AND FREEZE CORN

How to Blanch Corn on the Cob: Bring a pot filled with water to a rolling boil, add ears of corn (do not crowd in the pot) and blanch from 6 to 10 minutes, depending on the diameter of the ears. Blanching starts as soon as you drop the corn in the pot; you do not need to wait for the water to reach the boiling stage again. Remove the cobs with tongs and place them into a bowl or sink filled with ice water. Once cooled, set the corn on paper towels, a cutting board or a cooling rack and let dry.

Freeze whole ears of corn: Freeze Whole Ears of Blanched Corn: After blanching, make sure the cooled ears of corn are completely free of water droplets, package them in freezer-safe plastic bags, remove excess air and store in freezer.

Freeze cut kernels of blanched corn: If you want to freeze blanched cut kernels, follow the cutting and freezing directions for unblanched corn; just make sure the blanched ears are cooled and dry.

Don't throw away those corn cobs: There is still delicious flavor to be found, even once the corn kernels are gone. Make a pot of Corn Broth and use it in place of chicken or vegetable stock. If you don't have enough cobs to make a batch, just freeze them until you have more cobs.

Adapted from: <https://www.southernliving.com/veggies/corn/how-to-freeze-corn-on-cob>



RECIPE: MEXICAN STREET CORN

INGREDIENTS

- 4 cobs corn
- 4 tbsp mayonnaise
- ½ cup cotija, queso blanco, feta, Romano or Parmesan, grated
- Chili powder
- 1 lime, sliced into wedges



INSTRUCTIONS

1. Turn your oven's broiler up to high.
2. Peel off the outer layers of the corn and clean off all the corn silk. Leave the green ends attached for a convenient handhold.
3. Place the cobs on a baking pan under the broiler for 2 to 3 minutes, then rotate them and repeat until they're brown and toasty all the way around. The broiling shouldn't take more than 10 minutes total.
4. Working quickly, spread a tablespoon of mayonnaise over each cob, lightly coating every kernel. Next, sprinkle the cheese all over the corn.
5. It should stick fairly easily to the mayonnaise, but you'll probably get a little messy coating them thoroughly.
6. Sprinkle chili powder over the corn, but not too heavy or it'll be gritty.
7. Use any chili powder you like; ancho or cayenne are great.
8. Lastly, squeeze lime juice all over and serve hot!

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

RECIPE: SPICY GREEN BEANS

INGREDIENTS

- 1 tsp vegetable oil
- ½ lb green beans, ends trimmed, chopped into bite-size pieces
- 2 cloves garlic, finely chopped
- 1 tsp soy sauce
- 1 tsp sambal oelek (or 2 tsp chili flakes)
- Additions 1 tsp ginger or grated 1 tsp lemon juice

INSTRUCTIONS

1. Add the vegetable oil to a frying pan on medium heat. Once it's hot, add the green beans. Let them cook undisturbed for about 1 minute. Mix the garlic, soy sauce, and sambal oelek in a bowl (and the ginger and lemon juice, if using).
2. The beans should have turned bright green. Add about ¼ cup of water to the pan. Cook another 2 minutes, until the water is mostly gone. Pour the sauce into the pan and toss gently to coat.
3. Cook another 2 minutes, until everything is fragrant and most of the liquid is gone. Poke the beans with a fork: if it goes through easily, they're done. They should take about 5 minutes.
4. Taste and add more chili sauce or soy sauce if you want the beans hotter or saltier

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



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.