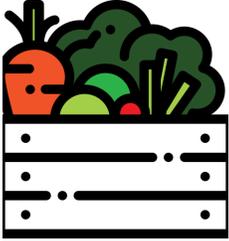




COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Potatoes - Ed Welchert Produce
- Bell Peppers - Jorge's Organics
- Rosemary - Flavor Country Farms
- Zucchini - Wolff Farms & City Sprouts
- Onions - Wolff Farms
- Tomatoes - Flavor Country Farms

FEATURED PRODUCER

ED WELCHERT PRODUCE

We are Ed and Donna Welchert, and we've been providing fresh, locally-grown produce through the Omaha Farmers Market since its inception in 1994. Some of our most popular crops are potatoes, green beans and onions. Ed's family has been "truck farming" (this is what they actually call someone who grow produce for a living) since before he was born. Ed's father and grandfather sold produce at the original Old City Market, right here in Omaha too. Adapted from: <https://dwelchert.wordpress.com/>



RECIPE: ZUCCHINI & ROSEMARY SOUP

INGREDIENTS

- 2 tablespoons (1/4 stick) butter
- 1 russet potato, peeled, sliced
- 1 tablespoon vegetable oil
- 3 medium zucchini, thinly sliced
- 1 large onion, chopped
- 1 zucchini, cut into 1/2-inch cubes
- 2 garlic cloves, sliced
- Croutons
- 2 teaspoons minced fresh rosemary
- Chopped green onions
- 6 cups chicken stock or canned low-salt broth



Melt butter with oil in heavy large saucepan over medium-high heat. Add onion; sauté until translucent, about 5 minutes. Mix in garlic and rosemary. Add stock and potato; bring to boil. Reduce heat and simmer 10 minutes. Add sliced zucchini; simmer until tender about 15 minutes. Working in batches, puree in blender. Season with salt and pepper.

Cook cubed zucchini in saucepan of boiling salted water for 30 seconds. Drain. Rewarm soup over medium heat. Ladle into bowls. Top with zucchini and croutons. Sprinkle with green onions.

Adapted from: <https://www.epicurious.com/recipes/food/views/zucchini-and-rosemary-soup-252>

HEALTHY TIP: HOW TO ROAST VEGGIES

YOU NEED: VEGETABLES, OLIVE OIL OR BUTTER AND SALT & PEPPER

Roots: potatoes, sweet potatoes, beets, turnips, onions, parsnips, carrots, sunchokes, kohlrabi, fennel

Non-Roots: bell peppers, winter squash, broccoli, Brussels sprouts, cauliflower, asparagus, eggplant

Extras: whole garlic cloves (unpeeled), lemon slices or lemon zest, anything you would pair with roast chicken, tough herbs like sage, oregano, thyme, bay leaves, any dry spice combination

Set the oven to 400 °F. | NOTE ON ZUCCHINI, YELLOW SQUASH AND TOMATOES

These vegetables cook quicker than most vegetables. Instead of 45 minutes, plan on 10-15 minutes, turning after 7 minutes. Clean and chop your vegetables. Generally, I prefer to leave the skin on for the following reasons: skin tastes nice and gets crispy; there's a lot of nutrition in the skin; peeling is slow! Just be sure to wash the vegetables thoroughly.

It's up to you how you want to chop your vegetables. Many are nice roasted whole, like new potatoes or little sunchokes or turnips—they will be crispy and salty on the outside and bursting with fluffy, starchy goodness inside. The general rule is that the smaller you chop things, the faster they cook, so try to keep everything about the same size so nothing cooks faster than anything else.

Dump your vegetables into a roasting pan. Drizzle everything with olive oil or melted butter—about 2 tablespoons per medium-sized roasting pan. Season generously with salt and pepper and add any other extras from the list at right. Use your hands to coat the vegetables thoroughly with the oil and spices. Pop the pan in the oven for 45 minutes. Test them by poking them with a knife. If it meets no resistance, they're finished; if not, let them cook longer. Don't worry: it's not much of a problem if you overcook them. Unlike vegetables overcooked through boiling or steaming, overcooked roasted vegetables may dry out a bit, but still retain their shape and flavor.

Pull the vegetables out of the oven. Push them around with a spatula to free them from the pan. Remove any garlic cloves and smash them into a fine paste (removing the skins at this point), then put the garlic back in the pan and mix together. Squeeze the juice out of any lemons and discard the woody bits of any cooked herbs. Add a little more butter, a bit of favorite sauce, a little soft cheese or mayonnaise, and serve.

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.



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