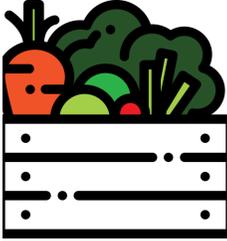




# COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



## WHAT'S IN THE CSA THIS WEEK?

- Carrots - Xiong's Garden
- Eggplant - Jorge's Produce
- Green Beans - One Farm
- Candy Onions - Grandview Farms
- Tomatoes - Old Tree Farm
- Kale - Wolff Farms
- Cucumbers - Wolff Farms

## EGGPLANT HEALTH BENEFITS AND TASTY TIPS

Many of us are most familiar with eggplants that are large and dark purple, but the shape, size, and color can vary from small and oblong to long and thin and from shades of purple to white or green. A serving of eggplant can provide at least 5% of a person's daily requirement of fiber, copper, manganese, B-6, and thiamine. It also contains other vitamins and minerals. Antioxidants-In addition, eggplants are a source of phenolic compounds that act as antioxidants. Antioxidants are molecules that help the body eliminate free radicals – unstable molecules that can damage cells if they accumulate in large amounts. Foods that contain antioxidants may help prevent a range of diseases Heart health, fiber, potassium, vitamin C, vitamin B-6, and antioxidants in eggplants all support heart health. Blood cholesterol-Eggplant contains fiber, and this may benefit cholesterol levels. A cup of cooked eggplant cubes, weighing 96 grams (g), contains around 2.4 g of fiber. Cancer-The polyphenols in eggplant may help protect the body from cancer. Anthocyanins and chlorogenic acid protect cells from damage caused by free radicals. In the long term, this may help prevent tumor growth and the spread of cancer cells. Weight management-Dietary fiber can help people manage their weight. A person who follows a high-fiber diet is less likely to overeat, as fiber can help a person feel fuller for longer.



Adapted from: <https://www.medicalnewstoday.com/articles/279359#benefits>

## RECIPE: HEALTHY GREEN BEAN SALAD WITH ALL THE TOPPINGS

### INGREDIENTS

- 1 pound fresh Green Beans, washed and trimmed
- 1/4 Onion, sliced matchstick style.
- 3 Carrots, peeled and sliced matchstick style.
- 1/2 Cucumber, sliced matchstick style
- 1/2 pint Grape or Cherry Tomatoes, halved
- 1/2 cup Feta, crumbled
- 1/4 cup Pine Nuts
- Extra-virgin olive oil, for drizzling
- 1/2 lemon, juiced
- Coarse salt and pepper

Steam green beans in 1/2 inch boiling water covered for 3 or 4 minutes. Cold shock beans by running under cold water and drain well.

Place beans in a bowl and combine with onions, carrots, cucumber, tomatoes, feta and pine nuts. Dress salad with a generous drizzle of extra-virgin olive oil and the juice of 1/2 lemon. Season salad with coarse salt and pepper, to taste.



Adapted from: <http://cleaneatsfastfeet.com/2015/08/21/healthy-green-bean-salad-with-all-the-toppings/>

# HOW TO ROAST EGGPLANT CUBES

1. Peel the eggplant. You can either peel it completely, or leave a few strips of skin on for texture.
2. Cut the eggplant into 1-inch cubes.
3. Place the eggplant pieces in a colander and sprinkle with salt, and toss, making sure all the pieces are evenly coated. Stand at room temperature for 30-45 minutes till beads of liquid form on the surface. Rinse the eggplant thoroughly and pat dry. This salting process helps to remove any bitterness from the eggplant.
4. Place a rack in the middle of your oven and preheat to 425 degrees F. Spread out the eggplant cubes on a baking sheet. Drizzle evenly and toss the cubes, coating them lightly with oil. Sprinkle the cubes lightly with salt (if you're salt-sensitive, skip this step... the eggplant will already be slightly salty from the pre-salting process). You can also sprinkle them with pepper or your favorite seasoning.
5. Place the baking sheet on the middle rack of the oven. Let the eggplant roast for 10 minutes. Take the eggplant out and stir it with a spatula or wooden spoon. Return it to the oven. (Note-- if you have doubled the recipe and are roasting two batches of eggplant on two sheets, switch the sheets between racks at this point). Let it roast for 10-20 minutes longer till the eggplant is tender and some of the pieces are caramelized.
6. Remove the eggplant from the oven. Serve warm or at room temperature, or add it to your favorite eggplant recipe. The eggplant is particularly delicious when simmered for a few minutes in your favorite warm sauce (tomato sauce, curry, etc)



Adapted from: <https://toriavey.com/how-to/how-to-roast-eggplant-cubes/>

## 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.