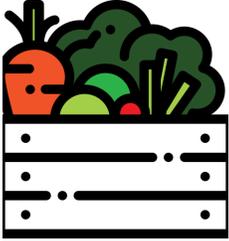




# COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



## WHAT'S IN THE CSA THIS WEEK?

- Garlic - Bridgewater Farms
- Potatoes - Bridgewater Farms
- Peaches - Rhizosphere Farm
- Zucchini - Wolff Farms
- Yellow Squash - Wolff Farms
- Cantaloupe - Wolff Farms

## FEATURED PRODUCER

### BRIDGEWATER FARM

Located in southwest Iowa (Adair County), Bridgewater Farm is a 40 acre, diversified farm that specializes in producing sustainable, high quality, organic food for our customers and self-sufficiency for ourselves. The family farm has been farmed since 1978 by Dale Raasch. His sons Eric and Tyler along with his daughter Sadie have helped on the farm for many years. They believe in raising awareness regarding the local and global food choices individuals make, as well as being environmentally responsible by creating a healthy agriculture system that protects nature rather than harming it.

Adapted from: <http://www.bfproduce.com/about.html>



## RECIPE: HEALTHY GARLIC MASHED POTATOES

### INGREDIENTS

- 2 lbs potatoes
- 4 garlic cloves, whole, peeled
- 1 1/2 teaspoons butter or 1 1/2 teaspoons olive oil
- 1/4 teaspoon dried sage
- 1/8 teaspoon salt
- black or white pepper, to taste
- 1/4 cup nonfat sour cream or 1/4 cup 1% fat buttermilk

1. Peel potatoes and cut in half. Place in large stove top pot with 4 whole garlic cloves. Cover with cold water and bring to a boil. Reduce heat to a gentle boil and cook until potatoes are tender.
2. When potatoes are tender, drain and mash along with garlic cloves using a potato masher or electric beaters.
3. Stir butter or olive oil, sage, salt, pepper and sour cream or buttermilk into the remaining potatoes and return to low heat, stirring until warm.



Adapted from: <https://www.food.com/recipe/healthy-garlic-mashed-potatoes-358209?ic1=suggestedAsset%7Chealthy%20garlic%20po>

# HEALTHY TIP: BENEFITS OF CANTALOUPE

**ANTIOXIDANT POWER:** Cantaloupe is a rich food source of vitamins A and C. “Vitamins A and C are both antioxidants that work to keep your body healthy,” Mangieri said. “Antioxidants [such as vitamins A and C] may help prevent conditions such as cancer, heart disease, and arthritis,” Mangieri added.

**EYE HEALTH:** Including more fruits and vegetables in your diet can keep your eyes healthy and may help fend off cataracts and macular degeneration, two common age-related eye problems, according to the Harvard T.H. Chan School of Public Health. The vitamin A found in cantaloupe is a key nutrient for good vision, Mangieri said.

**DIGESTION:** The fiber and water in cantaloupe can aid digestion and help prevent constipation, when included as part of a high-fiber diet, such as a diet rich in fruits, vegetables and whole grains, according to the Mayo Clinic.

Adapted from: <https://www.livescience.com/54475-cantaloupe-nutrition.html#:~:text=In%20fact%2C%20a%20cantaloupe%20is, but%20is%20low%20in%20calories.>

## HOW TO PICK A RIPE CANTALOUPE

Do you know how to pick out the perfect cantaloupe at the grocery store? If not, here are some tips you can use to make sure you start off your tasty cantaloupe sorbet with the sweetest cantaloupe possible. Believe me, it makes a huge difference.

1. **Check the color:** Lighter skin is better so look for a beige color and avoid cantaloupes that look overly green. A little green is okay, but it should be mostly beige.
2. **Pick it up:** Pick up the cantaloupe. Does it feel heavy for its size, especially in comparison to its cantaloupe buddies? If so, take it!
3. **Smell it:** Take note of how the cantaloupe smells. If it smells like nothing, it'll probably taste like, well, nothing. You'll want to find one that smells sweet and fruity. But, if it smells too sweet, almost too potent, it could be overly ripe, so make sure it's not overwhelming.
4. **Check the blossom end:** Find the blossom end of the cantaloupe (that small circle where it looks like a stem came from) and gently press with your thumbs. This should have some give, but not too much or too little. A little give and you're good to go.



Adapted from: <https://www.asweetpeachef.com/cantaloupe-sorbet/>

## 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).

## 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.

## 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).