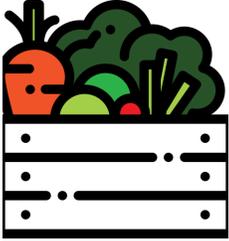




COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Mushrooms - Flavor Country Farms
- Corn - Wolff Farms
- Beets - One Tree
- Tomatoes - Stream Meadow Farms
- Basil - Sun Valley Gardens
- Kale - Wolff Farms

FEATURED PRODUCER

Sun Valley Gardens

With the help of Sun Valley Gardens, Benjamin began growing basil early this summer. At age 12, this is not Benjamin's first entrepreneurial business, but found he sure enjoys farming and has quite a knack for making decisions as well as growing basil. His tomato plants didn't make it, so he expanded his business and began growing Thai Basil and a few melons as well. Although not certified organic, Benjamin believes and follows organic principles. Early on, Benjamin began dehydrating basil which he also hopes to sell. You can find Benjamin at Village Pointe Farmer's Market on visiting farmers Saturday mornings from 8:30-12:30 pm.

Adapted from: <https://www.facebook.com/Sun-Valley-Gardens-163901407004338/>



FEATURED PRODUCE

Tomatoes

- **Helps Reduce Blood Pressure** - The potassium found in tomatoes helps to reduce the tension in blood vessels and arteries, increasing circulation, and lowering stress on the heart.
- **Fights the Effects of Smoking** - Tomatoes contain coumaric and chlorogenic acids which help combat against the carcinogens found in cigarettes. High quantities of Vitamin A have been shown to reduce the effects of carcinogens and can protect against lung cancer.
- **Good Source of Vitamins and Minerals** - Fresh tomatoes contain a significant amount of Vitamin A, C, and K, as well as Vitamin B6, folate, and thiamin.
- **Aids Digestion** - Eating tomatoes on a regular basis with help keep your digestive system regular as well! Add them to simple salad recipes for better overall health.
- **Maintains Eye Health** - Tomatoes contain the carotenoid lycopene which can protect the eye against light-induced damage.

Adapted from: <https://sofabfood.com/tomato-health-benefits-healthy-tip/>



HOW TO REMOVE CORN SILK

1. Remove the husk and majority of silk by grabbing the tuft of silk at the top of the corn or by pinching the husk between two fingers.
2. Pull down and away from the ear of corn. Repeat until all the husk and the majority of the silk are gone.
3. Grab a stiff-bristled brush, like a vegetable brush or a toothbrush. Starting at the top of the ear of corn, brush downward, in one direction, around the entire corn ear. Going around once or twice is all that's necessary. The bristles will grab the strands and yank them off. You don't even have to wash the corn after.

Adapted from: <https://www.allrecipes.com/article/how-to-remove-silk-from-corn/>



RECIPE: CONFETTI CORN

INGREDIENTS

- 2 tablespoons good olive oil
- 1/2 cup chopped red onion
- 1 small orange bell pepper, 1/2-inch diced
- 2 tablespoons unsalted butter
- Kernels cut from 5 ears yellow or white corn (4 cups)
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons julienned fresh basil, minced fresh chives, and/or minced fresh parsley leaves

INSTRUCTIONS

1. Heat the olive oil over medium heat in a large saute pan. Add the onion and saute for 5 minutes, until the onion is soft. Stir in the bell pepper and saute for 2 more minutes.
2. Add the butter to the pan and allow it to melt. Over medium heat, add the corn, salt, and pepper and cook, stirring occasionally, for 5 to 7 minutes, until the corn just loses its starchiness. Season to taste, gently stir in the basil or other green herbs, and serve hot.

Adapted from: <https://www.foodnetwork.com/recipes/ina-garten/confetti-corn-recipe4-1948420>



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.

