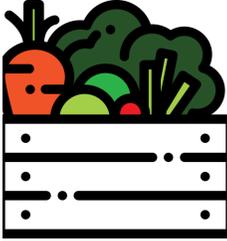




COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Garlic - Benson Bounty
- Potatoes - City Sprouts
- Cantaloupe - Grandview Farms
- Collard Greens - Flint Ridge
- Broccoli - Bridgewater
- Eggplant - Wolff Farms
- Cucumbers - Wolff Farms

FEATURED PRODUCERS

Sacred Seeds & Benson Bounty Collaboration

In the first year of the Sacred Seed Pop Up Garden, a fellow gardener, Mark Brannen of Benson Bounty asked if we'd like some of his garlic to overwinter. We were thrilled and planted over 200 garlic bulbs on November 4, 2019. In the spring of 2020, garlic was the first sign of green to pop up at the Pop Up. In May, scapes appeared and we harvested those. Several of the volunteers took them home to their kitchens to prepare. We shared some with our friends at the Union for Contemporary Art as well. When it was time for garlic harvest, several of our new volunteers harvested all of the bulbs in one summer evening. Nancy, the Sacred Seeds' horticulturist, took the harvested garlic home to her greenhouse to dry. When it was dried, she brought it back to the Pop Up, we cut off the tops and weighed the 20.9 pounds of garlic. Mark came to see the produce and offered to share it with the No More Empty Pot's CSA program. Carla, the CSA director, was thrilled to get organic, local produce to share with our community. This cyclic tale of sharing in our food growing community is courtesy of Benson Bounty.



727 SOUTH 13TH STREET
**A SACRED SEED
 POP-UP**



FEATURED PRODUCE

Garlic

Garlic is a head that grows underground and is a close relative of onions. Each head section called garlic clove. Garlic is used around the world in many types of cuisines. It adds a strong flavor to the dishes, either sauteed in oil, roasted vegetables, or added to a salad dressing.

Why It's Great!

- B Vitamins help our cells grow and stay healthy.
- Vitamin C keeps our immune system strong and helps our bodies heal quickly.
- Manganese helps to keep our bones and nervous system healthy.
- Helps reduce inflammation in our bodies.

Adapted from <https://eatfresh.org/discover-foods/garlic>



THE “MASON WAY” TO PEEL GARLIC

1. First, press the garlic bulbs down on a cutting board to loosen the cloves. You can use the heel of your hand or the flat edge of a large knife.
2. Place the loosened cloves in a Mason jar, close the lid and vigorously shake for 20-30 seconds.
3. “This pulls the skins away from the clove and keeps the garlic shape,” explained Goralski.

Adapted from: <https://www.today.com/food/absolute-best-way-peel-chop-garlic-t161911>

RECIPE: BROILED EGGPLANT SALAD

INGREDIENTS

- 1 medium eggplant, sliced into circles
- 1 tbsp lemon juice
- 1 tbsp tahini
- sprinkle of chili flakes (optional)
- fresh dill, finely chopped (optional)
- salt and pepper

INSTRUCTIONS

1. Turn on your oven’s broiler. Arrange the slices of eggplant on a baking sheet, then place them under the broiler for about 3 minutes. Watch them carefully.
2. Once they begin to blacken, remove them from the oven and flip the slices over.
3. Repeat the process on the other side. Once your eggplant is nicely charred, chop it into bite-sized pieces.
4. In a bowl, mix the tahini, lemon juice, and chili flakes (if using), plus plenty of salt and pepper. Add the eggplant and stir it around. Add more salt or lemon juice according to your taste, then top it with dill if available, 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.