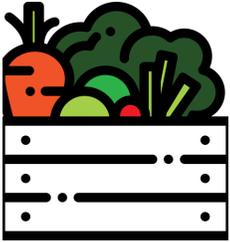




COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Spaghetti Squash - One Farm
- Tomatoes - Thomas Farms
- Green Beans - Wolff Farms
- Corn - Wolff Farms
- Swiss Chard - Flint Ridge
- Onions - Grandview Farms

Our apologies for the little green cabbage loopers that you may have found in your broccoli! These green worms are harmless but not that appetizing. They can be removed by soaking in a solution of 2 TBSP salt per 1 gallon of water. When available, NMEP tries to purchase organic products. This is a more sustainable way of growing without using chemical fertilizers, pesticides and growth regulators.

Typically, it involves the use of heavy organic matter to promote stronger plants that are able to fight off insects and diseases. Due to the lack of strong chemicals, you may see a small pests from time to time. We at NMEP will take steps to thoroughly inspect the produce and appreciate your understanding. Thank you for working with us! As a reminder, even though most of the produce is organic, it is always recommended to wash your produce before it is consumed.

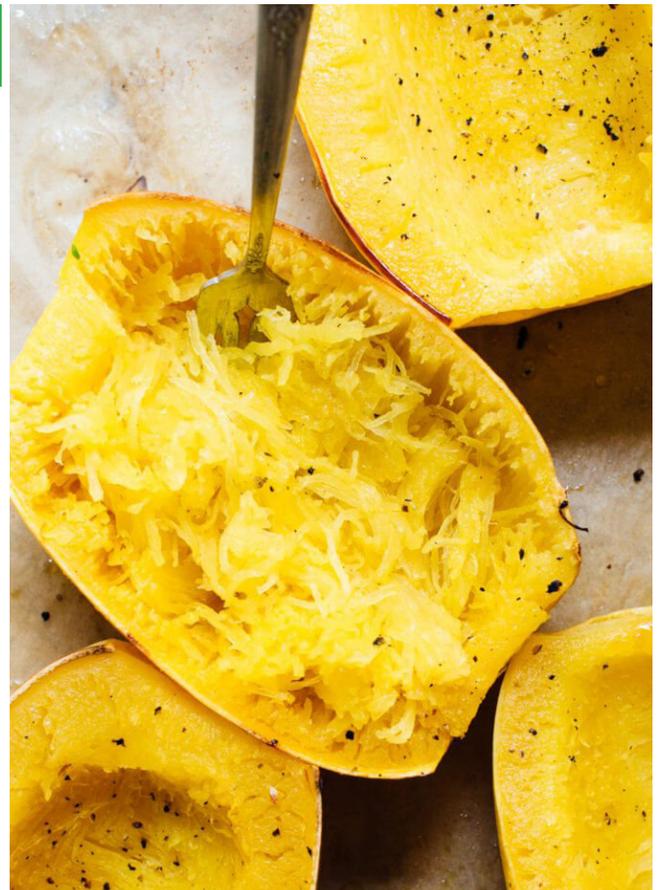
COOKING TIPS

How to cut your spaghetti squash in half

Spaghetti squash has thick walls, which can be difficult to cut through. You'll need a sharp chef's knife and a good cutting board that won't slip.

Pro tip: You can rest your cutting board on a wrung-out paper towel or kitchen towel to prevent it from moving around. The trick is to create a flat surface so you can slice through the squash safely.

1. First, rest the squash horizontally on the cutting board. Hold the squash firmly in place with your non-dominant hand. We're going to cut off the tip-top and bottom edges, so keep your hand several inches away from where you'll be slicing.
2. With your dominant hand, use a sharp chef's knife to cut off the top. Turn the squash around 180 degrees and slice off the bottom, again keeping your hand far away from the knife.
3. Then, turn the squash upright, with the widest end against the non-slip cutting board. This gives us a stable position for slicing. Start at the top and slice downward. Your hands should never be beneath the knife, or in danger's way.



If at any point you are uncomfortable with this technique, stop and ask someone for help. Safety first!

Adapted from <https://cookieandkate.com/how-to-cook-spaghetti-squash/>

RECIPE: BAKED SPAGHETTI SQUASH

INGREDIENTS

- 1 spaghetti squash
- 2 teaspoons extra-virgin olive oil
- Sprinkle of salt and pepper

INSTRUCTIONS

1. To prepare the spaghetti squash, preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy clean-up.
2. Use a very sharp chef's knife to cut off the tip-top and very bottom ends of the spaghetti squash. Stand the squash upright on a stable surface and carefully slice through it from top to bottom to divide it in half.
3. Use a large spoon to scoop out the spaghetti squash seeds and discard them. Drizzle the insides of each squash half with 1 teaspoon olive oil and rub it all over the inside, adding more oil if necessary. Sprinkle salt and pepper lightly over the interiors of the squash, then place them cut-side down on the prepared baking sheet.
4. Bake for 40 to 60 minutes, until the cut sides are turning golden and the interiors are easily pierced through with a fork. Small squash will be done sooner than large squash, naturally!
5. Once the squash is done baking, fluff the interiors with a fork to make the insides spaghetti-like. Serve as desired.



STORAGE SUGGESTIONS: Baked spaghetti squash will keep well in the refrigerator, covered, for up to 5 days. Just reheat before serving.

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.

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.

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.