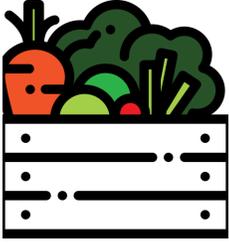




COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Rattlesnake Beans - City Sprouts & Big Muddy
- Red Peppers - Thomas Farm & Wolff Farms
- Green Peppers - Wolff Farms
- Small Onions & Banana Peppers - Thomas Farm
- Tomatoes - Iowa Farm, City Sprouts
- Kale - Wolff Farms

FEATURED PRODUCER

IOWANA FARM

Iowana Farm has 66 acres of land just east of Crescent in the Iowa Loess Hills. 20 acres of land are under cultivation: 6.5 acres are in vegetables and the rest is in alfalfa hay. The hillsides are oak savannah and tall grass prairie. Most of the vegetable garden is in our grandfather's old barnyard. We think Shorty and Alice would like it. Iowana Farm is Certified Organic by OCIA (Organic Crop Improvement Association).

Adapted from: <https://www.iowanafarm.com/>

BELL PEPPERS 101

Bell peppers are fruits that belong to the nightshade family.

- They are related to chili peppers, tomatoes, and breadfruit, all of which are native to Central and South America.
- Also called sweet peppers or capsicums, bell peppers can be eaten either raw or cooked.
- Like their close relatives, chili peppers, bell peppers are sometimes dried and powdered. In that case, they are referred to as paprika.
- They are low in calories and exceptionally rich in vitamin C and other antioxidants, making them an excellent addition to a healthy diet.
- Bell peppers come in various colors, such as red, yellow, orange, and green – which are unripe.
- Green, unripe peppers have a slightly bitter flavor and are not as sweet as fully ripe ones.

Adapted from: <https://www.healthline.com/nutrition/foods/bell-peppers>



FOOD TIP: HOW TO MAKE PERFECT FAJITAS

Now that your taste buds are tempted, check out these tips on how to make the perfect fajita!

BRING ON THE HEAT: Grilled onions and peppers are a must for fajitas, but that doesn't mean you can't get creative. "Try different types of onions and peppers, especially if you're a fan of heat. Grilled red jalapenos make a great addition," Fraser recommends.

SERVE WITH CITRUS: Fraser suggests serving a fresh citrus for your family to season their fajitas. What to serve? "While limes are standard, fruits like oranges and grapefruits work great too, and also add a unique flavor," Fraser said.

SPICE UP YOUR SOUR CREAM: Sour cream is the perfect addition to any fajita recipe. Fraser recommends getting creative by adding ground cinnamon to your sour cream to produce a spicy, earthy kick. "Mexican crema is also an outstanding choice," she said.

Adapted from: <https://www.sheknows.com/food-and-recipes/articles/823997/perfect-fajita-tips/>

RECIPE: BEST EVER VEGAN FAJITAS

INGREDIENTS

VEGGIES

- 2 green peppers, sliced
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 medium-sized yellow onion, sliced
- 1 can black beans, rinsed & drained

TOPPINGS

- 6 small tortillas
- Guacamole
- 1 lime
- 2 tbsp cilantro, chopped

FAJITA SEASONING

- 2 tsp chili powder
- 1 tsp paprika
- 1/2 tsp (each) garlic powder, onion powder, salt, black pepper
- Pinch of cayenne (can adjust for more or less spice)



1. Preheat oven to 400F. Mix all of fajita seasoning in small bowl Toss sliced peppers & onions in 2-3 tbsp olive oil and all of fajita seasoning until well coated. Lay evenly on a sheet pan. Bake for 15 minutes until vegetables are nicely roasted - flip veggies at 8 minutes to evenly roast.
2. Heat black beans in small pot on low heat for 2-3 minutes with a pinch of salt. Warm tortillas in oven for 1-2 minutes or microwave for 30 seconds.
3. Remove peppers & onions from oven. Assemble fajitas: Tortilla, black beans, peppers & onions, guacamole, splash of lime juice, cilantro. Serve with rice/quinoa - enjoy!

Adapted from: <https://asimplepalate.com/blog/vegetarian-fajita-recipe/>

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.