



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Zucchini - Grandview Farms
- Collard Greens - Flint Ridge
- Roma Tomatoes - Wolff Farms
- Red Peppers - Wolff Farms
- Eggplant - Wolff Farms
- Butternut Squash - Wolff Farms

FEATURED PRODUCE

ROMA TOMATOES

A Roma tomato is a paste tomato and generally has a thicker fruit wall, fewer seeds and a denser but grainier flesh. Roma tomatoes tend to be oblong in shape and heavy for their size. They also tend to be more firm than a non-Roma tomato. While they can be eaten raw or on salads, they are at their best when they are cooked. Americans consume 80 tons of tomatoes on average each year and obtain more of their vitamins from this source than any other fruit or vegetable!

Adapted from: https://cals.arizona.edu/fps/sites/cals.arizona.edu/fps/files/cotw/Roma_Tomato.pdf



RECIPE: BUTTERNUT SQUASH SOUP

INGREDIENTS

- 1/2 small onion
- 1 Tablespoon butter
- 1 small butternut squash (about 2 cups)
- 1 cup low sodium chicken broth (or unsalted chicken broth)
- 1/8 teaspoon dried marjoram
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon ground cayenne pepper (Optional - adds spicy heat)
- 2 Tablespoons cream cheese (softened)
- Sour cream (for garnish - optional)

1. Cut the squash in half lengthwise and scoop out the seeds.
2. Place one half face down on a plate, and microwave for about 8 to 10 minutes. Repeat with the second squash half.
3. At the same time, dice the onion.
4. In a medium saucepan, cook the onions in butter until tender, about 5 minutes.
5. Scoop out the microwaved squash from the shell and add it to the sauce pan.
6. Add the broth, marjoram, black pepper and cayenne pepper.
7. Bring to a boil and cook 5 minutes.
8. Stir in the cream cheese and puree the soup in the pan with an immersion blender (or move to a regular blender and blend until smooth). Click for an immersion blender.
9. Cook in the sauce pan until heated through. Do not allow to boil.
10. Top with a swirl of sour cream and fresh cracked black pepper, if desired.

Adapted from: <https://zonacooks.com/butternut-squash-soup/>



GET KIDS EXCITED ABOUT RATATOUILLE

Try watching Disney's Ratatouille! It might be animated, but somehow the food in this country-mouse-meets-city-chef film manages to indulge the senses all the same. Heavy Gallic shrugs, physical comedy and everything from gourmet greats to simple comfort foods pepper this deliciously action-packed film, reminding even the littlest gourmands that "everyone can cook." They say getting kids in the kitchen inspires them to eat through ingredient experimentation, so get cooking! (It's worked at our house.)

Adapted from: <https://www.fandango.com/movie-news/5-tasty-films-to-get-kids-excited-about-food-748287>

RECIPE: EASY FRENCH RATATOUILLE

INGREDIENTS

- 5 tablespoons olive oil, divided, plus more for serving
- 1 1/2 pounds eggplant (1 large), large dice
- Kosher salt
- Freshly ground black pepper
- 1 1/2 pounds zucchini or summer squash (3 to 4 medium squash), large dice
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 pound tomatoes (3 to 4 medium), large dice
- 1 large bell pepper, large dice
- 1/4 cup loosely packed fresh basil leaves, thinly sliced, plus more for serving



1. Heat 2 tablespoons of the oil in a large Dutch oven or heavy-bottomed pot over medium-high heat until shimmering. Add the eggplant, season generously with salt and pepper, and cook, stirring occasionally, until browned in spots, about 2 minutes. Transfer to a large bowl.
2. Add 2 tablespoons of the oil to the pot. Add the zucchini, season generously with salt and pepper, and cook, stirring occasionally, until browned in spots, about 2 minutes. Transfer to the bowl with the eggplant.
3. Reduce the heat to medium. Add the remaining 1 tablespoon oil and the onion, season with salt and pepper, and cook, stirring occasionally, until softened and just beginning to brown, 6 to 8 minutes. Add the garlic, thyme, and bay leaf and cook until fragrant, about 30 seconds. Add the tomatoes and bell peppers. Add the reserved eggplant and zucchini and gently stir to combine.
4. Bring to a simmer, then turn down the heat to medium-low. Simmer, stirring occasionally, for at least 20 minutes or up to 1 1/2 hours. A shorter cooking time will leave the vegetables in larger, more distinct pieces; longer cooking times will break the vegetables down into a silky stew.
5. Remove the bay leaf and thyme sprigs. Just before serving, stir in the basil. Taste and season with salt and pepper as needed. Serve, sprinkling each serving with more basil and drizzling with more olive oil.

Adapted from <https://www.thekitchn.com/one-pot-recipe-easy-french-ratatouille-recipes-from-the-kitchn-106669>

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.

