



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Johnathon Apples - Smalls Fruit Farm
- Red Kuri Squash - Wolff Farms
- Beets - City Sprouts
- Carrots - City Sprouts
- Scarlet Kale - Wolff Farms
- Green Pepper - Wolff Farms

FEATURED PRODUCER

SMALLS FRUIT FARM

Our 33 acre orchard clings to the slopes of the Loess Hills that overlooks the Missouri River valley, 3 miles east of Mondamin, Iowa. On a trip to this area in 1894 my Great Great Grandfather purchased some apples from a local grower. Remembering them to be extremely tasteful, he returned the following year, purchased the farmers land and started his first orchard.

“I worked side by side with my father learning everything he had to offer. My father passed away in 2006 and mother retired in 2009 making me the 5th generation of Small’s to run the orchard. It wasn’t as easy as my parents made it look but my wife Renee and I keep learning everyday how to provide our customers with the same quality that the generations before me have given. Our son Trevor joined us in 2009 and the legacy and learning continues.” -Jim Small

Adapted from: <http://www.smallsfruitfarm.com/aboutus.html>



FEATURED PRODUCE

RED KURI SQUASH

Red Kuri squash is a teardrop-shaped winter squash with a distinctive orange skin. Its shape is similar to a hubbard squash, but it’s much more manageable in size. Its skin is hard but thin, and is edible once cooked. Red Kuri has creamy yellow flesh, with a smooth texture and taste similar to cooked chestnuts. In fact, the word “kuri” is Japanese for chestnut. Like many other winter squash, Red Kuri is a powerhouse of health: It’s a great source of vitamins A and C, potassium, calcium, and iron.



PREPARATION: Red Kuri squash are difficult to peel, so they are almost always cooked with their skin on. You can cook them whole or halved, or sliced into wedges or cubes. Don’t waste the seeds -- scoop them out and toast them like pumpkin seeds. If you’re cooking a whole squash, be sure to pierce the skin in several places so steam can escape. After cooking, the skin softens and becomes edible.

COOKING: The smooth and sweet Red Kuri squash pairs well with creamy ingredients like dairy and coconut milk. These squash also go well with herbs, beans, curry, and spices. Try it in casseroles, soups, curries, or bake it into pies and muffins. Red kuri squash is a great substitute for acorn squash, and other squash varieties that don’t need to be peeled before cooking.

Adapted from: <https://www.allrecipes.com/article/choose-prep-cook-red-kuri-squash/>

RECIPE: MAPLE ROASTED RED KURI SQUASH WITH LEMON & GARLICKY GREENS

INGREDIENTS

MAPLE SQUASH

- 1/2 a large Red Kuri Squash, seeded and cut into half moons
- 1/4 cup maple syrup
- 2 tbs coconut oil, melted
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp cloves

GARLICKY GREENS

- 1 tbs coconut oil
- 3 cloves of garlic, minced
- 3 bunches of greens, chopped (kale, collards, chard or a mix of all three)
- Juice from a whole lemon
- Salt & pepper to taste
- 1/2 cup pomegranate seeds



INSTRUCTIONS

1. Preheat your oven to 400 degrees.
2. Line a baking sheet with tin foil and set aside. Seed and cut up your squash. Place your squash into a shallow dish or mixing bowl. Whisk together the melted coconut oil and the maple syrup and pour onto the squash. Add the spices to the bowl as well. Mix well with clean hands until all of the squash is coated with both the maple mixture and the spices.
3. Lay the squash out onto a baking sheet and bake for 25-30 minutes or until fork tender.
4. While your squash is cooking, start on your greens. Heat up the coconut oil in a cast iron (or other heavy bottomed) skillet. Once the oil is hot, add your chopped up garlic and allow it to brown. Once the garlic has browned, add in your greens and allow them to wilt. Once they have cooked down, but are still vibrant in color, remove from heat and add the juice of a whole lemon. Toss with tongs. Add salt and pepper to taste.
5. Arrange the maple roasted squash over your greens. Garnish the whole pan with pomegranate seeds and serve. Enjoy!

Adapted from <https://soletshangout.com/maple-roasted-red-kuri-squash-with-lemon-garlicky-greens-gluten-free-paleo-vegan/>

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.