



# COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



## WHAT'S IN THE CSA THIS WEEK?

- Black King Mushrooms - Flavor Country
- Sweet Potatoes - Grandview Farms
- Green Peppers - Wolff Farms
- Rainbow Chard - Wolff Farms
- Kale - Wolff Farms
- Cucumbers - Jorge's Organics
- Roma Tomatoes - Wolff Farms

## FEATURED PRODUCE

### SWEET POTATOES

Sweet potatoes are typically recognized by their copper-colored skin and vibrant orange flesh, though the hundreds of varieties grown worldwide display colors such as white, cream, yellow, reddish-purple, and deep purple. Although they are often found on holiday tables covered in marshmallows or mixed with added sweeteners, there's no need! True to their name, sweet potatoes have a naturally sweet flavor, which is further enhanced through cooking methods like roasting. They are also one of the top sources of beta-carotene—a precursor to vitamin A.

<https://www.hsph.harvard.edu/nutritionsource/food-features/sweet-potatoes/>



## HEALTHY TIP

### PROTECT YOUR HEART: REDUCE YOUR RISK

Creighton Nursing Student Bunmi Ajayi researched and put together tips to help reduce your risk for heart disease:

- **Stay at a healthy weight.** Being overweight or having obesity are linked to other heart disease risk factors, including high blood cholesterol and triglyceride levels, high blood pressure, and diabetes. Controlling your weight can lower these risks.
- **Eat a healthy diet.** Try to limit saturated fats, foods high in sodium, and added sugars. Eat plenty of fresh fruit, vegetables, and whole grains. The DASH diet is an example of an eating plan that can help you to lower your blood pressure and cholesterol, two things that can lower your risk of heart disease.
- **Get regular exercise.** Exercise has many benefits, including strengthening your heart and improving your circulation. It can also help you maintain a healthy weight and lower cholesterol and blood pressure. -Limit alcohol. Drinking too much alcohol can raise your blood pressure. It also adds extra calories, which may cause weight gain. Men should have no more than two alcoholic drinks per day, and women should not have more than one.
- **Don't smoke.** Cigarette smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease. Talk with your health care provider for help in finding the best way for you to quit.
- **Manage stress.** Stress is linked to heart disease in many ways. It can raise your blood pressure. Extreme stress can be a "trigger" for a heart attack. Some ways to help manage your stress include exercise, listening to music, focusing on something calm or peaceful, and meditating.

Source: MedlinePlus at <https://medlineplus.gov/howtopreventheartdisease.html>



## RECIPE: STUFFED SWEET POTATOES & BURRITO TOPPING

### BAKING SWEET POTATOES

The first step in making stuffed sweet potatoes is baking the potatoes. You can do this step ahead of time, as baked sweet potatoes will keep in the fridge for up to 3 days. Then, all you have to do is assemble your filling and stuff your potatoes when it's time to eat! Here's how I do it:



### INSTRUCTIONS

1. Before cooking, scrub the skins well as these are edible and nutritious.
2. Preheat the oven to 425°F and line a baking sheet with parchment paper or foil. Unlike regular baked potatoes, you don't need to wrap sweet potatoes in foil. Baking them without foil creates a delicious puffed up skin and allows the baked sweet potato to caramelize around the edges, which gives it more flavor.
3. Use a fork to poke holes into the sweet potatoes, set them on the baking sheet
4. Roast for 40 to 50 minutes, or until puffed up and soft inside when pierced with a fork. How long to bake sweet potatoes depends on the size of your potato, so check them around 40 to 50 minutes. When you can easily pierce them with a fork, they're done.

### SWEET POTATO BURRITO TOPPING

This is the topping recipe for stuffed sweet potatoes that I make the most often. Use these amounts of ingredients to top around 4-7 baked sweet potatoes.

### INGREDIENTS

- 15 ounces black beans
- Shredded cabbage
- 3 tbsp olive oil
- 1/2 tsp chili powder
- 2 tbsp lime juice
- 1 avocado
- Salsa of your choice

### INSTRUCTIONS

1. Mix black beans with chili powder, shredded cabbage, olive oil, and lime juice.
2. Top it on each baked potato.
3. Add a scoop of salsa to each potato and what I like to call "quick guac," which is the fastest guacamole you can make - just use the back of a fork to mash the avocado with a bit of lime and salt.

### 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](http://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](http://bit.ly/nmepfon).

### CONNECT WITH US

For more information or to schedule a tasting, visit us at [www.nmepomaha.org/community-harvest](http://www.nmepomaha.org/community-harvest), call 402.690.0888 or email [communityharvest@nmepomaha.org](mailto: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.