



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

HEALTHY TIP

HERE ARE FIVE REASONS TO ENJOY PUMPKINS THIS AUTUMN - SEEDS AND ALL!

Nursing students from Creighton researched and put together nutrition and health information about pumpkins:

- **Reduce your cancer risk:** Pumpkins are one of the best sources of beta-carotene, a powerful antioxidant that protects your cells against free radicals. Research shows that a diet rich in beta-carotene likely lowers the risk of many types of cancer.
- **Boost your immunity:** Pumpkin packs nearly 20% of your daily-recommended amount of vitamin C! Combine that with the anti-viral properties of beta-carotene and you've got a valuable vegetable during the colder months when colds and flus run rampant. Pumpkin seeds are also packed with zinc, which helps optimize immune function.
- **Improve your vision:** Beta-carotene is also essential for eye health, helping the retina to absorb and process light. In addition, pumpkin contains the antioxidants lutein and zeaxanthin, which may help to prevent cataracts.
- **Protect your heart:** Pumpkin seeds are also rich in magnesium, which helps to regulate blood pressure and prevent stroke, and are one of the best plant-based sources of omega-3 fatty acids, which also may improve cardiovascular health.
- **Promote weight loss:** Pumpkin is low in calories but high in fiber, which helps to promote a feeling of fullness, slows down digestion, and keeps your blood sugar levels stable, preventing crashes that tend to contribute to overeating. (The exception here, of course, is sugar-laden pumpkin spice lattes or pumpkin pie!)

Adapted from: <https://www.integrativenutrition.com/blog/2015/10/five-reasons-pumpkin-is-the-superfood-of-the-season>



RECIPE: HOW TO MAKE PUMPKIN PUREE

1. After removing the seeds, brush the flesh of the pumpkin with oil to lock in moisture and help the edges caramelize. We like using coconut oil if adding to sweet dishes and avocado oil when adding to something savory.
2. Then sprinkle with a little salt.
3. Place it flesh side down on a parchment-lined baking sheet, and pierce the skin a few times with a fork or knife.
4. For a 2-3 pound sugar pumpkin (also called a pie pumpkin), we like to bake it at 350 degrees Fahrenheit (176 Celsius) for 45-50 minutes. You'll know it's done when the skin is tender when pierced with a fork.
5. Once the pumpkin is cool enough to handle, scoop the flesh from the skin and add it to a high-speed blender or food processor. Blend until creamy and smooth, adding a little water (only if needed).

Adapted from <https://minimalistbaker.com/how-to-roast-pumpkin/>

RECIPE: PUMPKIN LENTIL CURRY WITH SPINACH

INGREDIENTS

- 2 tbsp olive oil or sesame oil
- 1 small sweet onion, diced
- 2 large cloves garlic, minced
- 2 tbsp red curry paste
- 2 cups vegetable broth
- 1 can coconut milk
- 1 cup pureed pumpkin
- 2 tbsp tomato paste
- 1 cup red lentils (dry)
- Salt and pepper to taste
- 2 cups baby spinach
- ¼ - ½ cup toasted salted cashews (optional)
- fresh cilantro (optional)

INSTRUCTIONS

1. Heat oil in a deep skillet or large pot over medium-high heat. Add the onion and cook about 2 minutes, just until it starts to turn golden. Stir in the garlic and curry paste and cook about 1 minute, until the curry paste is fully incorporated.
2. Stir in the broth, coconut milk, pumpkin, tomato paste, and lentils. Cover and cook on medium-low heat about 15 minutes, until the lentils are cooked but not too soft. Stir occasionally. Taste and add salt and pepper to taste.
3. During the last 3-5 minutes of cooking, add 2 cups of baby spinach - allowing it to wilt into the curry. Serve over rice, quinoa, cauliflower or your favorite base. If desired, add chopped roasted cashews and cilantro to the top for color, flavor, and crunch.

Adapted from <https://marisamoore.com/pumpkin-lentil-curry/>



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.

