



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Broccoli - Grandview Farms
- Radishes - One Farm
- Potatoes - Bridgewater
- Brussels Sprouts - Wolff Farms
- Kale - Wolff Farms
- Carrots - Pekareks

HEALTHY TIP

BENEFITS OF BRUSSELS SPROUTS

These cruciferous veggies are packed with antioxidants, fiber, vitamin C, and more. Brussels sprouts (yes with an s, like the city) are named after the veggie's history of cultivation in Belgium. Part of the cruciferous vegetable family, the sprouts' cousins include cauliflower, kale, broccoli, cabbage, collard greens, and bok choy.

- **Low in calories.** At less than 40 per cup, Brussels sprouts are also low-carb, packing just 8 grams per cup raw, including 3 grams as fiber.
- **Brussels sprouts are antioxidant powerhouses.**
- **High in fiber.** The fiber in Brussels sprouts (about 4 grams per cooked cup) helps regulate blood sugar levels, supports digestive health, and helps feed the beneficial gut bacteria tied to positive mood, immunity, and anti-inflammation.
- **Pack a vitamin C punch.** One cup of cooked Brussels sprouts packs over 150% of the minimum daily vitamin C target. This important nutrient acts as an antioxidant, supports immunity, vision, and iron absorption, and is needed for collagen production.
- **Loaded with vitamin K.** Per cup, cooked Brussels sprouts pack over 250% of the recommended daily target for vitamin K. In addition to helping to clot blood, this nutrient plays a role in bone health and may help protect against bone loss.

Adapted from: <https://www.health.com/nutrition/benefits-brussels-sprouts>



RECIPE: BRUSSELS SPROUTS YOUR KIDS WILL LOVE

A MESSAGE FROM REAL MOM NUTRITION

Full disclosure: I never ate a Brussels sprout until I was in my 30s. Growing up, they weren't something my family ever had. And let's face it, back then they were served hopelessly overcooked in most households, the little cabbages rightfully earned the reputation as "Child's Worst Dinnertime Nightmare".

Luckily, we know better now. We know how to make Brussels sprouts to spotlight the flavor without rendering them gray and mushy, which means thankfully children no longer need to fear Brussels sprouts (or feed them to the dog).

Let's sing the praises of roasting for a second: It's fast, it's easy, and it brings out the natural sweetness in veggies. Brussels Sprouts can be roasted with oil, salt, and pepper then drizzled with a syrupy glaze made from apple juice and balsamic vinegar. You can also try a touch of maple syrup or honey when roasting Brussels to sweeten the deal. A little bit of sweetener or sauce may actually encourage kids to eat more veggies... and who doesn't want that?

Adapted from: <https://www.realmomnutrition.com/how-to-make-brussels-sprouts/>

RECIPE: SHEET PAN BRUSSEL SPROUTS AND BROCCOLI

INGREDIENTS

- 1 lb fresh brussels sprouts
- 1 lb fresh broccoli
- 2 thick slices of turkey bacon
- 2 tbsp balsamic vinegar
- 2 tsp lemon juice
- Salt & pepper to taste
- Cooking spray to prevent sticking

INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Lightly oil your baking sheet. You can use olive oil, coconut oil, or a cooking spray.
3. Trim the bottom of each brussels sprout and peel away the first layer of leaves. That's where you usually see the dirt and any brown sprouts. Once this is done you'll have beautiful little bright green sprouts. Slice each sprout in half and add them to your baking sheet in a single layer.
4. Slice any large broccoli florets in half. Leave smaller ones whole. Add them to baking sheet.
5. Chop the turkey bacon and spread on baking sheet.
6. Drizzle balsamic vinegar and lemon juice over veggies. Sprinkle salt and pepper.
7. Bake for 15 to 20 minutes.



Adapted from <https://thewholecook.com/sheet-pan-brussels-sprouts-broccoli/>

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.

