



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



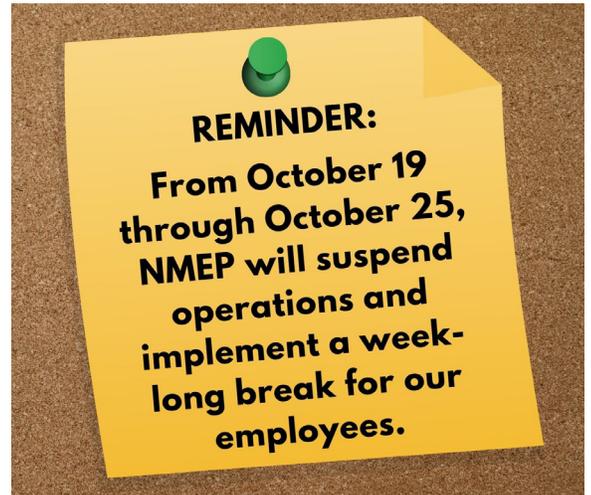
WHAT'S IN THE CSA THIS WEEK?

- Acorn Squash - Wolff Farms
- Golden Delicious Apples - Small's Fruit Farm
- Arugula - One Farm
- Broccoli - Grandview Farms
- Carrots - Pekarek's Produce
- Collard Greens - FarmTable
- Onions - Pekarek's Produce
- Mixed Peppers - Benson Bounty
- Potatoes - Pekarek's Produce

IMPORTANT REMINDER

This week, your order was increased to supplement next week off. This pause in programming is meant to accomplish two things: 1) Provide an opportunity for rest and regrouping and 2) Provide an opportunity for equipment maintenance and installation. After 6 months of continuous service at a level nine times greater than service in March, we believe that we will maintain and improve safety and service by bringing our whole selves, rested and rejuvenated to this important work.

This break reflects an integral and important principle of wholehearted living at No More Empty Pots which is the importance of proactive self-compassion and care.



QUESTIONS? Text or call 402-690-0888 or email communityharvest@nmepomaha.org.

DIFFERENT TYPES OF PEPPERS

BELOW IS A BREAKDOWN OF TYPES OF PEPPERS, WHICH ALL BELONG TO THE CAPSICUM FAMILY:

- **Bell Peppers:** These big sweet peppers come in a rainbow of colors (green, red, orange, yellow, purple and more). Because of their size and mild-sweet taste, they are perfect to stuff, but are also incredibly versatile, adding flavor to any dish they are used in.
- **Jalapeño:** Jalapeños are the king of spicy peppers. Not because they are the spiciest (in fact they are relatively moderate on the Scoville scale compared to most), but because of their popularity and availability. They do pack some heat, but the palatable kind. Guacamole wouldn't be complete without it.
- **Italian Frying Pepper:** This sweet pepper packs a touch of heat. These peppers are long, has a slight wrinkle to its thin skin and is widely used in cuisines of Cuba, Puerto Rico and Dominican Republic. Because of the thin skin they are ideal for quick frying, but they can be roasted as well. Up your pizza game by throwing a sliced one of these on top.

BAKED ACORN SQUASH WITH BUTTER AND BROWN

INGREDIENTS

- 1 Acorn squash
- 1 Tbsp Butter
- 2 Tbsp Brown Sugar
- 2 teaspoons Maple Syrup
- Dash of Salt

INSTRUCTIONS

1. Preheat your oven to 400° F.
2. Prep the squash: Microwave the squash for a minute each. Stabilize the squash on a cutting board as best you can. Using a sharp, sturdy chef's knife, carefully cut the acorn squash in half, from tip to stem.
3. Use a sturdy metal spoon to scrape out the seeds and stringy bits inside each squash half, until the inside is smooth.
4. Take a sharp paring knife and score the insides of the acorn squash halves in a cross-hatch pattern, about a half-inch deep cuts.
5. Place the squash halves cut side up in a roasting pan. Pour 1/4-inch of water over the bottom of the pan so that the squash doesn't burn or get dried out in the oven.
6. Add butter, salt, brown sugar, maple syrup: Rub a half tablespoon of butter into the insides of each half. Sprinkle with a little salt if you are using unsalted butter. Crumble a tablespoon of brown sugar into the center of each half and drizzle with a teaspoon of maple syrup.
7. Bake: Bake at 400° F (205° C) for about an hour to an hour 15 minutes, until the tops of the squash halves are nicely browned, and the squash flesh is very soft and cooked through.
8. Remove from oven, spoon brown sugar butter sauce over squash: When done, remove the squash halves from the oven and let them cool for a bit before serving Spoon any buttery sugar sauce that has not already been absorbed by the squash over the exposed areas.



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.

PETER KIEWIT
FOUNDATION



Omaha Community
Foundation
Good grows here.

