



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Purple Sweet Potatoes - Blue Gate Farm
- Golden Delicious Apples - Small's Fruit Farm
- Brussels Sprouts - Wolff Farms
- Roma Tomatoes - Wolff Farms
- Napa Cabbage - City Sprouts
- Salad Mix - City Sprouts

IMPORTANT REMINDER

IDEAS FOR HOW TO PREPARE NAPA CABBAGE

1. **Soup:** Add a cup or two of shredded napa cabbage to virtually any soup. Napa is especially good in chicken and beef soups.

2. **Quick Kimchi:** Kimchi is a Korean lacto-fermented pickled Napa Cabbage dish. You can make a quick and easy overnight version. Just take about 3 cups of shredded Napa Cabbage, a tablespoon of Sriracha or other Korean garlic-hot pepper sauce, about 3 tablespoons of rice or white wine vinegar, 4 chopped garlic cloves, and a half teaspoon of salt. Mix it all together and let chill overnight in the fridge.

3. **Slaw.** Just substitute Napa Cabbage for the European standard in your favorite coleslaw recipe for a unique and delicious summer salad!

4. **Stuffed.** Blanch whole Napa leaves until they just wilt. Stuff with beans, rice, ground beef, pork - whatever! The sky is the limit with this one.

5. **Stir Fry:** If you've ever eaten a stir fry at an Asian restaurant, there's a good chance there was Napa Cabbage in your stir-fry. Just add it to the stir fry toward the end (since it takes less time to cook).

Adapted from www.earlymorningfarm.com/6-things-to-do-with-the-napa-cabbage-in-your-csa-box/



HEALTHY TIP

TAKE ACTION FOR A HEALTHY LIFE

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

- **Eat fruits and vegetables at every meal.** Skip the fried vegetables (like french fries). Frying adds unnecessary calories and fat.
- **Drink more water.** Water is a healthy alternative to soda and fruit juice, and your body needs it. In fact, many people experience chronic dehydration without realizing it. Water helps you feel healthier.
- **Avoid snacking while watching TV.** It can be easy to forget how much you're eating when your attention is focused on something else.
- **Get out and play!** You can be an ambassador for health in your family and encourage your whole family to get outside and exercise together.

Source: American Heart Association

ROASTED SWEET POTATOES AND BRUSSELS SPROUTS

INGREDIENTS

- 1 pound Brussels sprouts, trimmed
- 1 large sweet potato (1 pound)
- 2 cloves garlic, smashed
- 1/3 cup olive oil
- 1 teaspoon cumin
- 1/4 or 1/2 teaspoon garlic salt
- 1 teaspoon salt
- pepper to taste
- 1 tablespoon red wine vinegar
- Fresh thyme, to garnish

INSTRUCTIONS

1. Preheat your oven to 400 degrees F.
2. Trim your Brussels by cutting off the little brown end. If there are any yellow leaves, pull them off. Cut any large ones in half. Add to a large bowl.
3. Peel your sweet potato and chop into 1-2 inch pieces. Add to the large bowl.
4. Smash 2 cloves of garlic and add it to the bowl.
5. Pour 1/3 cup olive oil over the vegetables.
6. Add cumin, garlic salt, salt, and pepper to taste. Stir to coat.
7. Drizzle a little olive oil onto the sheet pan and rub it all over the pan (or foil) with your hand. Or you could spray it really well with nonstick spray. (Line a large sheet pan with foil if you want super easy cleanup.)
8. Pour the veggies onto the pan.
9. Roast at 400 for about 30-40 minutes. The veggies are done when they are brown and a fork slides into them easily.
10. Place the veggies in a serving bowl and toss with 1-2 tablespoons red wine vinegar to taste. Garnish with fresh thyme if you want. Eat hot!



Adapted from thefoodcharlatan.com/roasted-sweet-potatoes-and-brussels-sprouts-recipe/

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.

