



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Garlic - Benson Bounty
- Purple Sweet Potatoes
- Cucumbers - Jorge's Organics
- Scarlet Kale - Wolff Farms
- Winter Squash - Flavor Country, Wolff Farms
- French Breakfast Radishes - One Farm

USES FOR ROASTED GARLIC

IDEAS FOR USING ROASTED GARLIC

Smear it onto good bread (toasted if you wish) or crackers. Top it off with some flaky salt! (affiliate link) Or perhaps even better—make roasted garlic bread.

Make compound butter: Smash the garlic cloves into a paste with a fork and stir in room-temperature butter, to taste (for strongly flavored butter, use equal parts, or soften the flavor with additional butter). Season with salt. Be sure to refrigerate the mixture promptly and use it up within four days.

Add it to your favorite recipes. Recipes that are rich and creamy or inherently garlicky are great candidates. Think mashed potatoes or baked potatoes with sour cream, buttery or tomato-based pasta dishes or soups, and dips and sauces, such as hummus, tahini sauce or aioli.

Adapted from <https://cookieandkate.com/best-roasted-garlic-recipe/>



HEALTHY TIP

LEARN MORE ABOUT THE BENEFITS OF GARLIC

Garlic is a head that grows underground and is a close relative of onions. Each head section is called garlic clove. Garlic is used around the world in many types of cuisines.

- B Vitamins help our cells grow and stay healthy.
- Vitamin C keeps our immune system strong and helps our bodies heal quickly.
- Manganese helps to keep our bones and nervous system healthy.
- Helps reduce inflammation in our bodies.

Source :<https://eatfresh.org/discover-foods/garlic>



HOW TO ROAST GARLIC

INSTRUCTIONS

1. **Slice off the top of the cloves.** If we don't expose the cloves, the hot garlic will burst through the papery skins and burn. We don't want that.
2. **Drizzle with olive oil.** Oil increases the surface temperature of anything that it touches, which leads to more caramelization (yum). It also helps prevent the garlic from drying out, so it stays soft and spreadable.
3. **Enclose the garlic.** Garlic tends to burn in dry, high heat, so we want to provide an environment that keeps it evenly heated and protected from the elements. Most recipes suggest wrapping it in foil. I place the heads of garlic in a stainless steel saucepan or skillet and cover it with an oven-safe lid. You'll find more options in the recipe notes.



4. **Roast until golden and soft.** The deeper the color, the deeper the flavor (within reason). Roasting could take anywhere from 40 minutes to 70 minutes. There are a lot of factors at play here—the length of time will depend on the size and quantity of the bulbs, their freshness, the amount of oil used, and your roasting preferences.
5. **Let the garlic cool briefly, then use or refrigerate promptly.** The garlic will be blazing hot out of the oven, so let it cool for about ten minutes before you touch it. Don't leave roasted garlic at room temperature for long. According to UC Davis, "Garlic in oil mixtures stored at room temperature provide an ideal environment for *Clostridium botulium* [botulism] to grow and produce toxin (low acidity, no free oxygen in the oil, and warm temperature). The same hazard exists for roasted garlic stored in oil." Proper food storage is important!

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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.