



# COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



## WHAT'S IN THE CSA THIS WEEK?

- Eggs - Sunflower Patch, Rossman
- Delicata Squash - LoneTree
- Cabbage - Grandview, City Sprouts
- Beets - Flint Ridge
- Sweet Potatoes - Grandview Farms
- Kale - Wolff Farms

## FEATURED PRODUCE

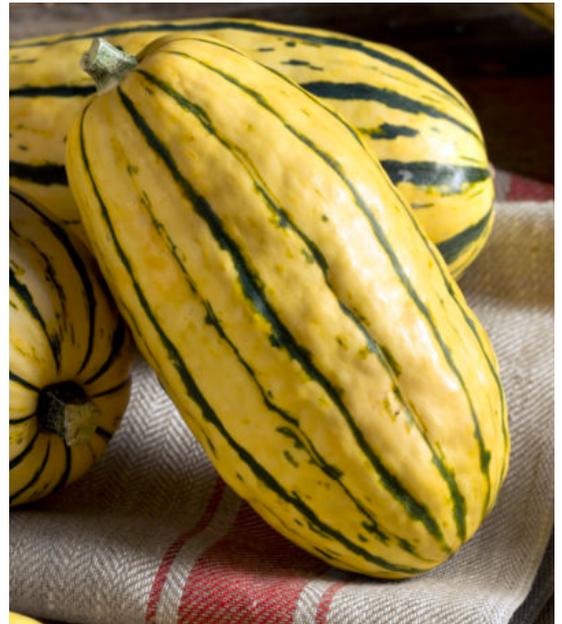
### DELICATA - WINTER SQUASH

The latest variety of winter squash that's booming in popularity is delicata. You may have seen this butter-colored pinstriped squash popping up around the pumpkins and gourds at the market this season. Delicata squash is favored for its delicate, edible skin. No peeling required! So if you love the taste of butternut squash but don't like the hassle of peeling that hard, impossible rind, delicata squash may be your new favorite.

Delicata is not only attractive on your harvest table but it's so delicious as well. The creamy yellow flesh is wonderfully sweet, so you don't need to add much to enjoy it. And it's incredibly versatile—it can be stuffed and baked, steamed, oven roasted, microwaved, or sautéed. To prepare, slice it in half, and scoop out the seeds (which can be roasted just like pumpkin seeds).

Not only is delicata squash pretty to look at, but it's also nutritious. It's a good source of potassium and dietary fiber, and contains magnesium, manganese, and vitamins C and B. But unlike most winter squash varieties, this squash is not as rich in beta-carotene.

Adapted from [www.farmersalmanac.com/delicata-squash-33154](http://www.farmersalmanac.com/delicata-squash-33154)



## IMPORTANT REMINDER

The Autumn Session ends the week of November 16. If you signed up on the Operation Gratitude Interest Survey, you will receive holiday-themed meals the week of November 23.

The Winter Session will run from the week of November 30 to February 1. If you haven't already, sign-up for the Winter Session by visiting [bit.ly/community\\_harvest](http://bit.ly/community_harvest).



## QUESTIONS?

Text or call 402-690-0888 or email [communityharvest@nmapomaha.org](mailto:communityharvest@nmapomaha.org).

# ROASTED DELICATA SQUASH PASTA WITH GREENS

## INGREDIENTS

- 1 small delicata squash about 10-12 ounces
- 2 tablespoons (30 ml) extra virgin olive oil
- ½ teaspoon kosher salt
- 2 shallots or 1 small red onion, peeled, halved and sliced lengthwise
- 1 garlic clove crushed
- 1 dried chile de arbol, crumbled, or 1 teaspoon crushed red chili flakes
- 1 teaspoon balsamic vinegar
- ½ pound (225 g) rigatoni or mezze rigatoni
- ¼ cup (60 ml) heavy cream
- ¼ cup (25 g) grated fresh Parmesan cheese
- 2 good handfuls washed baby greens, such as spinach, kale or arugula



## INSTRUCTIONS

1. Heat oven to 425 degrees.
2. Trim the stem and root end off the squash and slice it in half lengthwise. Slice each half in half again. Scrape a spoon along down the length of the pieces to remove the seeds and cut into ½-inch wide chunks. Put the squash in a large mixing bowl.
3. Add olive oil, salt, shallots, garlic and chili to the squash and toss together. Transfer to a rimmed baking sheet in a single layer and roast 20-25 minutes. The squash should be tender and nicely brown. Drizzle the balsamic over the squash as soon as it comes out of the oven and stir around gently with a spatula.
4. While the squash is roasting, bring a large pot of salted water to a boil. Cook the rigatoni until al dente. Before draining the pasta, add the greens to the colander. The brief contact with the boiling pasta water will wilt the greens.
5. Transfer the pasta and greens back to the cooking pot and stir in the cream and Parmesan.
6. Add the squash to the pasta and toss together. Serve hot with additional cheese and chili to your taste.

Adapted from [thefoodcharlatan.com/roasted-sweet-potatoes-and-brussels-sprouts-recipe/](https://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](https://bit.ly/chmeals).

## CONNECT WITH US

For more information or to schedule a tasting, visit us at [www.nmepomaha.org/community-harvest](https://www.nmepomaha.org/community-harvest), call 402.690.0888 or email [communityharvest@nmepomaha.org](mailto: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](https://bit.ly/nmepfon).