



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



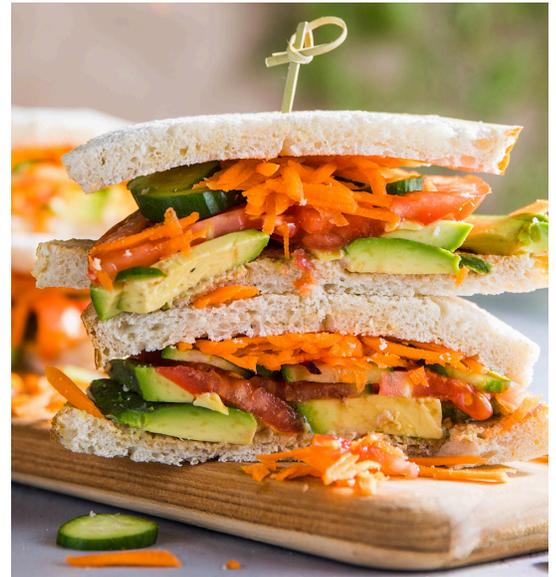
WHAT'S IN THE CSA THIS WEEK?

- Spinach - Wolff Farms
- Purple Sweet Potatoes - Farm Table
- Carrots - Pekarek's
- Winter Squash - LoneTree
- Corn Meal - Early Morning Harvest
- Eggs - Sunflower Patch or Yogurt - Berbach's

FEATURED PRODUCE

CARROT STORAGE & PREPARATION TIPS

- If your carrot has tops, snip the tops off before storing. These can be used in pestos or to make stock. Store baby/small carrots or carrots sticks in a closed mason jar with water to keep them fresh longer.
- Shred carrots and put them on sandwiches, wraps, salads, or rice bowls. Shredded carrots can also be used in baking either cake or muffins.
- Add carrots to any soups, broths, stocks, or smoothies. They pair well with ginger for a spicy kick!
- Try eating carrots with hummus or another dip for a healthy snack!



HOMEMADE CORNBREAD

INGREDIENTS

- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 1/4 cup sugar
- 4 tsp baking powder
- 1/2 tsp salt
- 1 cup milk
- 1 large egg
- 1/4 cup cooking oil

INSTRUCTIONS

1. Preheat the oven to 425°F and coat the inside of a 9-inch pie plate, cast iron skillet, or 8x8 casserole dish with non-stick spray (or butter for more flavor).
2. In a large bowl, stir together the cornmeal, flour, sugar, baking powder, and salt until evenly combined.
3. In a separate bowl, whisk together the milk, egg, and oil.
4. Pour the bowl of wet ingredients into the bowl of dry ingredients and stir just until everything is moist. Avoid over stirring. It's okay if there are a few lumps.
5. Pour the batter into the prepared dish and bake for about 20 minutes, or until the top and edges are golden brown. Cut into 8 pieces and serve.

From www.budgetbytes.com/everyday-cornbread/



HEALTHY TIP

CARROTS 101: NUTRITION FACTS & HEALTH BENEFITS

The carrot (*Daucus carota*) is a root vegetable often claimed to be the perfect health food. It is crunchy, tasty, and highly nutritious. Carrots are a particularly good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants. They're a weight-loss-friendly food and have been linked to lower cholesterol levels and improved eye health. What's more, their carotene antioxidants have been linked to a reduced risk of cancer.

Carrots are found in many colors, including yellow, white, orange, red, and purple. Orange carrots get their bright color from beta carotene, an antioxidant that your body converts into vitamin A.

Carrots offer many plant compounds, including carotenoids. These are substances with powerful antioxidant activity that have been linked to improved immune function and reduced risk of many illnesses, including heart disease, various degenerative ailments, and certain types of cancer

Beta carotene, the main carotene in carrots, can be converted into vitamin A in your body. However, this conversion process may vary by individual. Eating fat with carrots can help you absorb more of the beta carotene.

From www.healthline.com/nutrition/foods/carrots#plant-compounds



OVEN ROASTED CARROTS

INGREDIENTS

- 2 pounds carrots washed, peeled and cut if large
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- ¼ teaspoon freshly cracked black pepper plus additional to taste, as needed
- Chopped parsley (optional)

INSTRUCTIONS

1. Toss carrots with oil and seasoning.
2. Pour onto prepared baking sheet. Arrange carrots in a single layer.
3. Bake 18-20 minutes for baby or garden carrots, 25-30 minutes for larger store bought carrots. Ensure carrots are tender when pierced with a fork.
4. Serve warm, garnished with parsley if desired.

From www.spendwithpennies.com/roasted-carrots/



CONNECT WITH US

For all questions related to Community Harvest, call **402.690.0888** or email communityharvest@nmepomaha.org. If you want to learn more about NMEP Community Education programming including how to schedule a custom workshop or cook-along, visit nmepomaha.org/community-education/.