



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Carrots - Flint Ridge
- Butternut Squash - Grandview Farms and Grinnel Heritage Farms
- Greens - Field to Family
- Rolled Oats - The Grain Place
- Apples - Field to Family
- Sweet Potatoes - Grandview Farms

EXTENDING THE SEASON

HIGH TUNNELS & OTHER SEASON EXTENSION TECHNIQUES

Spurred by enthusiasm for fresh, local agricultural products, farmers are increasing the availability of their crops beyond the traditional outdoor growing season. Premium prices and an extended income stream are some of the advantages farmers pursue with season extension techniques.

Seasonal structures that protect crops from cold temperatures and inclement weather vary widely in size, shape, materials and purpose. Main strategies for creating extended-season sales include:

- Growing in greenhouses or high tunnels (or "hoop houses")
- Under temporary row covers
- Storing non-perishable crops for sale in the off season
- Minimally processing crops

Adapted from: www.sare.org/resources/high-tunnels-and-other-season-extension-techniques/



WATCH & LEARN

SUB-ZERO WINTER GARDEN



Point a smart phone camera at the QR code to open the video link (or visit bit.ly/SubZeroGarden) to take a look at a winter vegetable garden flourishing in weather as cold as 0° F!



BASIC OATMEAL RECIPE

INGREDIENTS

- 1 cup old-fashioned rolled oats
- 1 cup milk
- 1 cup water
- 1/8 teaspoon kosher salt (optional)
- 1/2 teaspoon ground cinnamon (optional)
- 1 teaspoon honey (optional)

INSTRUCTIONS

1. Combine oats, milk, water, salt, and cinnamon in a medium saucepan. Bring to a boil, then reduce heat to low.
2. Simmer uncovered for 3 to 5 minutes until thickened, stirring occasionally. Remove from heat and let cool slightly.
3. Divide equally between two bowls. Drizzle each serving with 1/2 teaspoon honey. Add additional desired toppings and serve.

Adapted from: www.cookinglight.com/recipes/basic-oatmeal-recipe



PREPARATION TIPS

HOW TO TOP YOUR OATMEAL AND PACK IT WITH FLAVOR

- Keep it simple by adding a 1/2-1 teaspoon of cinnamon, some honey or brown sugar.
- Try topping it with fresh or frozen berries or other fruits like bananas, peaches, or apples (like included in this week's CSA produce box).
- Add nuts or seeds like pecans, almonds, cashews, pumpkin seeds, or chia seeds to add a healthy crunch.
- Try adding nut butter or greek yogurt for a creamy and protein packed boost.
- Try different spices in your oatmeal to give it a savory or spicy flavor such as paprika, cayenne, or curry powder.
- Add a fried egg, cheese, greens, sauteed vegetables or scallions for protein and added flavor.
- Feel free to try out some new and exciting flavor combinations next time you make oatmeal at home!

Photos From: www.tasteofhome.com/recipes/slow-cooked-fruited-oatmeal-with-nuts/ and www.macheesmo.com/bacon-cheddar-savory-oatmeal/



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/.