



# COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



## WHAT'S IN THE CSA THIS WEEK?

- Carnival Squash - Farm Table
- Mushrooms - Flavor Country
- Red Potatoes - Pekarek's
- Acorn squash - Clear Creek Farms
- Carrots-Pekareks
- Salad Mix - Wolff Farms
- Onions - Welchert Produce

## FEATURED PRODUCER

### CLEAR CREEK ORGANIC FARMS

Clear Creek Organic Farms has been in the Bernt family for over 125 years. We have always farmed with an organic mindset but weren't certified until 2006. Our name comes from the small Clear Creek that flows onto our farm and joins in marriage with the Cedar River on our farm. To our north are the sandhills rolling and covered with grass and wild flowers, to the south are the rich clay soils, fertile for crops. We are truly blessed here to have such a contrast that allows a diversified operation. We believe that the health of the soil affects the health of everything and everyone that eats from it. Our farm motto is "Producing healthy foods for healthy families!!!"

From [clearcreekorganicfarms.webs.com/](http://clearcreekorganicfarms.webs.com/)



## COMMUNITY HARVEST UPDATE

### FINAL WEEK OF AUTUMN SESSION

The Autumn Session will end this week. If you signed up on the Operation Gratitude Interest Survey, you will receive holiday-themed meals the week of November 23. Otherwise, the Winter Session will start the week of November 30.

### WINTER SESSION PREVIEW

As we move into the Winter Session of our CSA, you will notice that our boxes are a little smaller, but taller. NMEP has made a switch due to the produce being more focused on root vegetables and winter squash, which will fit better into these new size boxes. The farming season is diminishing, but you will continue to receive local produce that stores well in the winter such as potatoes, winter squash, sweet potatoes, winter radishes, carrots and onions. We will begin including local grains and greens (grown in hoopouses and high tunnels) as we did in the Spring Session, and will continue to include from time to time, eggs, mushrooms and nutrient dense sprouts!



# SWEET AND SPICY ROASTED SQUASH

## INGREDIENTS

- 2 small acorn, sweet dumpling, or carnival squash
- Coconut oil (or avocado, olive)
- Coconut sugar (or brown)
- Cayenne pepper
- Ground cinnamon
- All spice
- Optional: Cashew or almond butter drizzle

## INSTRUCTIONS

1. Preheat oven to 375F and grease a medium baking sheet with oil. Set aside.
2. Cut tops and bottom off of squash and slice into rings. Cut out center of each ring to remove seeds. If your squash is really hard to cut, allow to soften in preheating oven for about 5-10 minutes.
3. Place rings on greased baking sheet and drizzle with oil, about 1-2 tablespoons. Lightly sprinkle on cayenne pepper (to taste), ground cinnamon, all spice and coconut sugar (about 1/2 tablespoon or so). Use hands to rub everything in and make sure squash is evenly coated.
4. Bake for 20 minutes before checking and gently flipping over. Sprinkle with more seasoning and sugar if you wish, bake for another 10-20 minutes until soft.
5. Allow squash to rest/cool on pan before serving. Drizzle with cashew or almond butter if your heart desires. Enjoy!

Adapted from [www.fitmittenkitchen.com/sweet-spicy-roasted-squash/](http://www.fitmittenkitchen.com/sweet-spicy-roasted-squash/)



## 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](http://bit.ly/chmeals).

## CONNECT WITH US

For more information or to schedule a tasting, visit us at [www.nmepomaha.org/community-harvest](http://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](http://bit.ly/nmepfon).