



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Spaghetti Squash - Wolff Farms
- Carrots - Pekareks
- Garlic - Benson Bounty
- Spinach - Wolff Farms
- Potatoes - Pekarek's
- Barley - The Grain Place
- Radishes - City Sprouts

FEATURED PRODUCE

ALL ABOUT BARLEY, THE GRAIN

Barley is one of those wonderful grains that doesn't get the attention it deserves. With a chewy texture and nutty flavor, barley is a delicious whole grain that can be used in a number of ways, and often in soups. It is also a very nutritious and healthy food, with lots of fiber and a number of trace minerals like selenium, manganese and phosphorus. The most important thing to know about barley is that it comes in two basic forms: hulled and pearl. Hulled barley has had the tough, inedible outermost hull removed but still retains its bran and endosperm layer. It is the most nutritious of the two and can be considered a whole grain. A light golden brown in color, it's the nuttier and chewier version as well. Pearl barley has been polished to remove the bran and possibly even the endosperm layers, resulting in a pale, creamy-colored grain. It is less chewy and cooks faster than the hulled variety, but has less fiber, is less nutritious, and is not considered a whole grain.



From www.thekitchn.com/how-to-cook-barley-cooking-lessons-from-the-kitchn-198693

HEALTHY TIP

WHY IS BARLEY GOOD FOR YOU?

Barley is high in fiber, which is necessary for proper digestion. Studies have shown that eating barley can reduce constipation, improve symptoms of certain bowel conditions and increase the number of beneficial gut bacteria. One-half cup (100 grams) of uncooked hulled barley packs 17.3 grams of fiber, or 69% and 46% of the RDI for women and men respectively. Dietary fiber increases the bulk of your stool, making it easier to pass through your digestive tract.

From www.healthline.com/nutrition/barley#digestion



HEARTY VEGETABLE SOUP

INGREDIENTS

- 2 Tbsp olive oil
- 1 sweet potato, diced
- 1 small onion, diced
- 4 garlic cloves, minced
- 3 carrots, peeled and diced
- 3 celery stalks, diced
- 1 cup cut green beans
- 1/3 cup barley
- 1 can diced tomatoes
- 4 cups vegetable broth
- 2 cups water
- 1 1/2 tsp basil
- 1 tsp thyme
- 1/2 tsp salt
- 1/2 tsp pepper

INSTRUCTIONS

1. Heat olive oil over medium heat. Add the sweet potato and saute for 5 minutes.
2. Add the garlic and onion and saute for an additional 3 minutes.
3. Add the remaining ingredients and bring to a boil.
4. Reduce to a simmer and let cook for 45 minutes to one hour, until the barley is soft and ready to eat.
5. Add salt and pepper to taste.
6. Serve with a hearty bread.

Adapted from www.ahealthysliceoflife.com/hearty-vegetable-barley-soup/



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.