



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

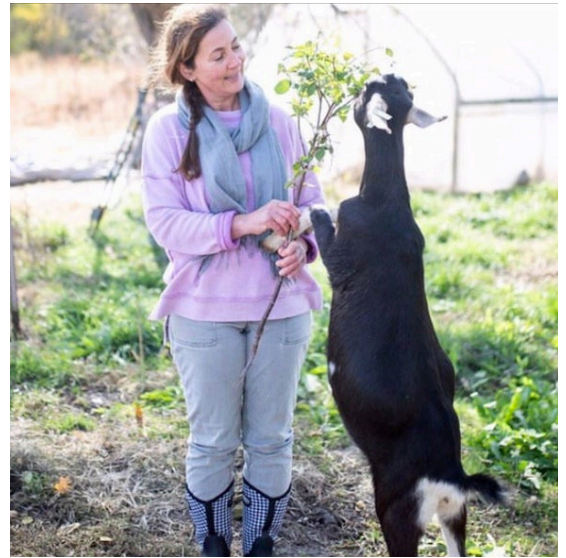
- Sweet Dumpling Squash - Anderson Farms
- Sweet Potatoes - Grandview Farms
- Cabbage - Farm Table
- Beets - Flint Ridge
- Yogurt - Dutch Girl Creamery
- Black Beans - Grimm Family

FEATURED PRODUCER

ABOUT SHADOWBROOK FARM'S DUTCH GIRL CREAMERY

ShadowBrook Farm's Dutch Girl Creamery has been producing grade A goat milk since 2006. We produce hand-crafted artisan goat cheese in our 'on farm' cheese making plant. Last year we milked 150 goats. Baby goats began arriving in January and February this year, and we should be finished with kidding around the middle of May. This will bring our goat herd to well over 200 this year. This will allow us to increase our cheese production and also allow us to make yogurt and bottle goat milk.

From www.shadowbrk.com/page-4



HOW TO COOK BLACK BEANS

INGREDIENTS

- 1/2 lb. dry black beans
- 1/2 medium onion, quartered
- 2 cloves garlic, crushed
- 1 bay leaf
- Kosher salt
- Freshly ground black pepper

INSTRUCTIONS

1. Rinse beans and check for stones and debris. Add beans to a large bowl and add water to cover by at least 4 inches. Cover and let soak for at least 6 hours and up to overnight.
2. Drain beans and return to pot. Cover with 4" of water and add onion, garlic, and bay leaves. Bring to a boil and cook for 10 minutes, then reduce heat low and cover. Let beans lightly simmer until tender, 1 to 2 hours depending on the size and age of the beans. Stir occasionally and add more water if necessary. When beans are tender, remove aromatics and season to taste with salt and pepper.

From www.delish.com/cooking/a25656923/how-to-cook-black-beans/



SWEET POTATO BLACK BEAN CHILI

INGREDIENTS

- 1-2 tablespoons olive oil
- 1 medium onion, diced small
- 2 garlic cloves, minced
- 1 large sweet potato, peeled and diced
- 2 tablespoons mild chili powder
- 2 teaspoons cumin
- 2 teaspoons smoked paprika
- 1 teaspoon salt
- 28 ounces diced tomatoes, with their juices, OR fire roasted tomatoes
- (2) 15-ounce cans black beans, drained and rinsed
- 2 cups water

INSTRUCTIONS

1. Rinse beans and check for stones and debris. Add beans to a large bowl and add water to cover by at least 4 inches. Cover with water if necessary. When beans are tender, remove aromatics and season to taste with salt and pepper.
2. Next add the chili powder, cumin, smoked paprika and salt. Stir into the vegetable mixture.
3. Pour in the diced tomatoes along with their juices, drained and rinsed black beans and the 2 cups of water. Stir to combine. Simmer the mixture, uncovered, for 20-25 minutes.
4. Use the back of a spoon to mash some of the sweet potatoes for a thicker texture, if desired.
5. Serve with avocado chunks, cilantro, chopped green onions, vegan cornbread or vegan sour cream.

From www.noracooks.com/vegan-sweet-potato-black-bean-chili/

OPTIONAL TOPPINGS

- 1-2 chopped avocados
- Chopped cilantro
- Chopped green onions
- Sour Cream



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.

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.