



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



WHAT'S IN THE CSA THIS WEEK?

- Apples - Field to Family
- Carrots - Pekarek's Produce
- Wheat Cereal - Early Morning Harvest
- Lettuce Mix - Field to Family
- Garbanzo Beans - Grimm Family Farm
- Sweet Potatoes - Grandview Farms
- Long Island Pumpkins/Butternut or Sweet Dumpling - FarmTable & Grandview Farms

LAST WEEK OF SESSION

SPRING SESSION STARTS WEEK OF 2/15

This is the LAST week of the Winter Session, which means there will be a break between sessions happening next week. The Spring Session will start the week of February 15.

QUESTIONS? Text or call 402-690-0888, or email communityharvest@nmepomaha.org.



WHEAT CEREAL

COOKING WHEAT CEREAL

1. Add 1 cup cereal mix to a bowl.
2. Mix just enough cold water or milk with the cereal to make the mixture slurry (like a thick milkshake). If you don't do this you will have uncooked clumps.
3. Add the slurry mixture to 2 cups boiling water stirring constantly. This is a good time to add raisins, dried apples, etc.
4. Bring back to a boil and let simmer for 2 minutes stirring constantly. Cover and let sit for 2 minutes.
5. Add sugar, honey, or brown sugar to taste.
6. Serve hot or cold. Makes 3 one cup servings. Refrigerate leftovers.

Photo Source: organicgrains.com/blogs/recipes/how-to-cook-cracked-wheat-cereal



PRODUCER HIGHLIGHT

MEET ALL SEASONS HARVEST

All Seasons Harvest of Iowa provides locally grown, chemical free vegetables and fish raised in a sustainable manner that are available year round to local markets. They are located in Cedar Falls, Iowa and are currently providing us with Lettuce Mix for Community Harvest.

Photo Source: [@AllSeasonsHarvest](https://www.facebook.com/AllSeasonsHarvest) on Facebook



GARBANZO BEANS

INGREDIENTS

- 1 pound garbanzo beans
- Water
- Salt (optional)
- Bay leaf, garlic cloves, onion or carrot (optional)

INSTRUCTIONS

PREPARE THE BEANS

1. Look through the dried beans and pick out anything that doesn't look like a bean – sometimes a rock or something else from the bulk aisle sneaks in.

SOAK THE BEANS

1. **Long Soak Method.** Add dried beans to a large bowl and cover with several inches of water. As the beans rehydrate, they triple in size – adding plenty of water is key. Soak the beans 8 hours or overnight. Drain and rinse.
2. **Quick Soak Method.** Add the dried beans to a large pot, cover with several inches of water and bring to a boil. Boil for 5 minutes then take the pot off of the heat and let the beans sit in the water for 1 hour. Drain and rinse.

COOK ON STOVETOP

1. Add the soaked, drained and rinsed beans to a large pot. Cover with several inches of water and bring to a boil. Reduce the heat and simmer until they reach your desired tenderness, 1 1/2 to 2 hours.
2. Beans simmered without a lid will be cooked, but firm (perfect for salads or chili). Beans cooked with the lid on, but ajar, will be creamier, softer, and will break apart more easily. These are perfect for hummus or dishes where you want the beans to break apart.
3. **Adding Salt:** You can add some salt, but only add salt towards the end of cooking since adding it in the beginning can cause the beans to become a little tough.



Adapted from: www.inspiredtaste.net/26952/how-to-cook-dried-chickpeas/

WATCH & LEARN

COOK THE FEATURED RECIPE



Point a smart phone camera at the QR code to open the video link (or visit bit.ly/ch_garbanzo) and follow the ultimate guide for cooking dried garbanzo beans using a stovetop or pressure cooker.

