



# COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



## WHAT'S IN THE CSA THIS WEEK?

- Sweet Potatoes - Grandview Farms
- Eggs - Country Lane Gardens, Sunflower Patch
- Rolled Oats - The Grain Place
- Potatoes - Lone Tree Foods
- Carrots - Pekarek's Produce

## COMMUNITY HARVEST UPDATE

### INTRODUCING THE COMMUNITY HARVEST BOX - STARTING MARCH 1

The Community Harvest Box is a "CSA 2.0". It is designed to give you more produce and more options to enjoy your food! With the Community Harvest Box, you'll continue to receive your CSA share plus additional produce and pantry items to cook along with a curated recipe from our team of chefs or choose your own culinary adventure and experiment with your ingredients as you see fit.

COMING MARCH 1  
MORE PRODUCE &  
FOOD OPTIONS!

## CHILI ROASTED SWEET POTATOES

### INGREDIENTS

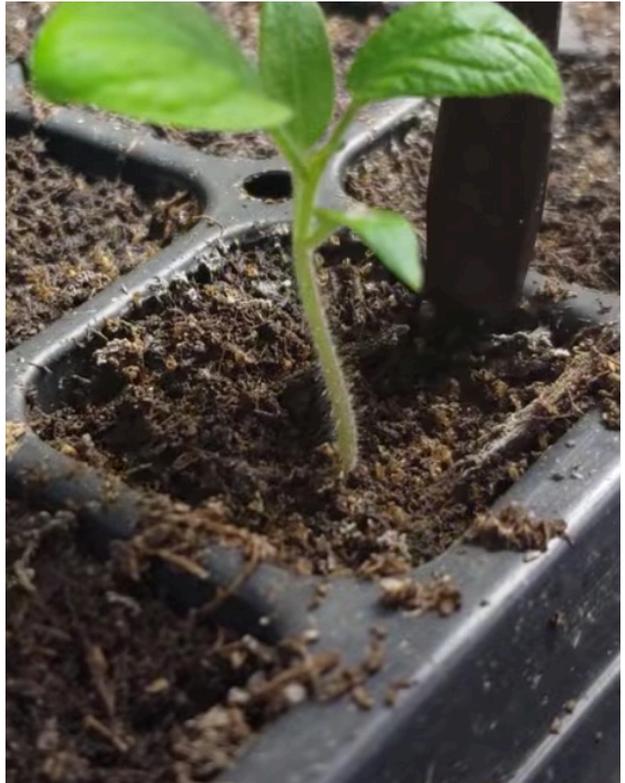
- 2 lbs. sweet potatoes
- 1 Tbsp chili powder
- 2 Tbsp olive oil
- 1/4 tsp salt (or to taste)

### INSTRUCTIONS

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil.
2. Wash and peel the sweet potatoes, then cut them into 1/2 inch cubes. Place the cubed sweet potatoes into a large bowl and drizzle with the olive oil, chili powder, and salt. Toss the potatoes until evenly coated in oil and spices.
3. Spread the seasoned sweet potatoes out over the prepared baking sheet so they are in a single layer. Roast the potatoes in the preheated oven for 45 minutes, stirring once half way through. After 45 minutes, the sweet potatoes should be soft and slightly browned on the edges. Total cooking time will ultimately depend on the size of your cubes.



# TIME TO START SEEDS



## STEP 1 TO A HOME GARDEN

Point a smart phone camera at the QR code to open the video link (or visit [bit.ly/nmepseeds](https://bit.ly/nmepseeds)). The video goes over seed starting basics. What makes now a good time to start your seeds at home? For the plants to flower, fruit, and produce for you, they need a specific amount of warm days to reach maturity to be able to give us the veggies we so love. So that means gardeners need to start planting seeds early indoors! FYI, the gardener in the video sows his seeds pretty heavily in his containers. For an at home garden you should only need to sow 1-3 seeds per seed plug.

## READY TO LEARN MORE?

Learn more tips for your at-home garden by watching the videos below! Point a smart phone at the QR codes or visit [bit.ly/nmepseeds](https://bit.ly/nmepseeds). Links are in the video description!



### GERMINATION TIPS

Let's look at the 5 most important parameters affecting your garden's germination rates and how you can fix them to have the best crops!



### DIY ULTIMATE SOIL

Make Your Own Potting Soil and Save Huge! This mix can be used for pots, containers, small raised beds, and even as a seedling mix!



### PEPPERS FROM SEED

Peppers are the most popular garden crop of all time. They are easy to grow, transplant well, come in a zillion different varieties.



### CUCUMBERS FROM SEED

Cucumbers are easy to grow, but sometimes do not transplant well, so you really have to get them going and well established ahead of spring.



### TOMATOES FROM SEED

The plan is simple, start your own tomato seeds indoors, now during the winter, to get a head start on spring planting!



### ZUCCHINI FROM SEED

In this new video series, let's explore how to grow Zucchini's right in your very own backyard from seed right to harvest.

## CONNECT WITH US

For all questions related to Community Harvest, call **402.690.0888** or email [communityharvest@nmepomaha.org](mailto:communityharvest@nmepomaha.org). If you want to learn more about NMEP Community Education programming including how to schedule a workshop or cook-along, visit [nmepomaha.org/community-education/](https://nmepomaha.org/community-education/).

