



# COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



## WHAT'S LOCAL THIS WEEK?

- Corn Meal - Early Morning Harvest
- Cheese - Milton Creamery
- Carrots - Flint Ridge
- Fingerling Potatoes - LoneTree Foods
- All Purpose Flour - Early Morning Harvest
- Beets - Flint Ridge

## HOMEMADE CORNBREAD RECIPE

### INGREDIENTS

- 1 cup cornmeal *\*provided*
- 1 cup flour *\*provided*
- 1/4 cup sugar
- 4 tsp baking powder
- 1/2 tsp salt
- 1 cup milk
- 1 large egg
- 1/4 cup cooking oil

### INSTRUCTIONS

1. Preheat the oven to 425°F and coat the inside of a 9-inch pie plate, cast iron skillet, or 8x8 casserole dish with non-stick spray (or butter)
2. Stir together the cornmeal, flour, sugar, baking powder, and salt.
3. In a separate bowl, whisk together the milk, egg, and oil.
4. Pour wet ingredients into the bowl of dry ingredients and stir just until everything is moist. Avoid over stirring. It's okay if there are a few lumps.
5. Pour the batter into the prepared dish and bake for about 20 minutes, or until the top and edges are golden brown. Cut into 8 pieces and serve.

## CITY OF OMAHA PRIMARY ELECTION

### YOUR VOICE MATTERS. REMEMBER TO VOTE!

Visit [bit.ly/nmep\\_voting](http://bit.ly/nmep_voting) to find instructions for early voting for the City of Omaha Primary Election. Visit [bit.ly/nmep\\_candidates](http://bit.ly/nmep_candidates) to learn about candidates and positions up for the election including Omaha Mayor and City Council (Districts 1-7).



### REGISTER TO VOTE

Visit [bit.ly/nmep\\_getregistered](http://bit.ly/nmep_getregistered) for info and resources on getting registered in Douglas County.

**March 19 at 6pm** Deadline to register to vote by mail or online.

**March 26 at 6pm** Deadline to register to vote in person.

### VOTE EARLY IN PERSON

All in-person early voting takes place at the the Douglas County Election Commission Office.

**March 22** First day to vote early in person at 12220 W Center Road.

**April 5** Last day to vote early in person at 12220 W Center Road.

### VOTE BY MAIL

**March 26** Deadline to request ballot by mail.

**March 30** Deadline to send ballot by mail.

**April 6 at 8pm** Last day to return ballot in person. Find locations at [bit.ly/nmep\\_voting](http://bit.ly/nmep_voting)

### VOTE ON PRIMARY ELECTION DAY

**April 6** Open from 8am-8pm. Find your polling place at [bit.ly/nmep\\_pollingplace](http://bit.ly/nmep_pollingplace)

# CURATED RECIPE: VEGAN 3 BEAN CHILI

## INGREDIENTS

- 1 large onion, diced *\*provided*
- 2 jalapenos, seeds removed and diced (add a few seeds for extra heat) *\*provided*
- 1 seasoning packet: chili powder, chipotle powder, salt, garlic powder *\*provided*
- 1½ cups mixed beans (pinto, black and kidney), drained and rinsed *\*provided*
- 1lb tomatoes, diced *\*provided*
- 1½ cups water or vegetable broth (more if needed)
- ¼ cup water



## INSTRUCTIONS

1. Saute: In a large pot heat olive oil over medium heat, saute onion for 7 minutes, or until tender and translucent. Add the seasoning packet, cook for 1 minute, or until fragrant.
2. Simmer: Add the beans, tomatoes, and liquids, bring to boil, reduce heat, cover askew, and simmer for 15 - 20 minutes or so, stirring occasionally. Add more water as needed. Taste for flavor, season with salt and pepper, and add anything else you feel it needs.
3. Serve with cornbread or jalapeno cornbread muffins. Garnish with lime and jalapenos.
4. Store: Leftovers can be kept, covered, in the refrigerator for 5 - 6 days. To keep longer, freeze in freezer safe containers for up to 2 - 3 months.

Adapted from: [www.insider.com/what-is-ugly-food-and-why-should-you-eat-it-2016-5](http://www.insider.com/what-is-ugly-food-and-why-should-you-eat-it-2016-5)

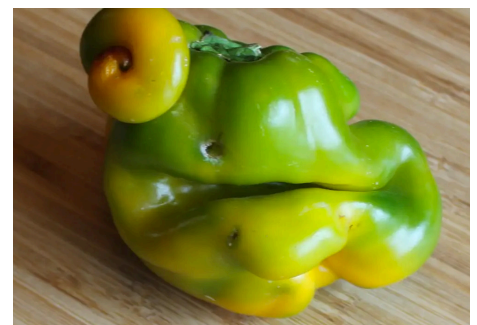
## PRODUCE HIGHLIGHT

### IMPERFECT FOOD IS HAVING A MOMENT

In the U.S., about 26% of produce is thrown out before it reaches the grocery store. This is mostly due to strict cosmetic standards from large grocers who mandate the exact size, shape and color of their fruits and veggies. Social media and the rise of ‘food art’ have also undoubtedly added to the obsession with beautiful foods. Whatever the cause, the result is appalling: billions of pounds of fresh, healthy produce are left uneaten simply because the food doesn’t look pretty.

To reduce food waste people should buy misshapen food, especially at local farmers markets; put pressure on major companies and local grocers to sell imperfect foods; and use leftovers and smart storage methods to preserve food longer.

Adapted from: [www.insider.com/what-is-ugly-food-and-why-should-you-eat-it-2016-5](http://www.insider.com/what-is-ugly-food-and-why-should-you-eat-it-2016-5)



## 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/](http://nmepomaha.org/community-education/).