



COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS

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WHAT'S LOCAL THIS WEEK?

- Carrots - Flint Ridge
- Sweet Potato Fingerlings - Grandview Farms
- Sunflower Oil - Simply Sunflower
- Spinach - Bridgewater Farms

FEATURED PRODUCE

WHAT ARE FINGERLING SWEET POTATOES ANYWAY?

Simply put, they're the cute little siblings of the sweet potatoes you already know and love. Sometimes they're so small because of an early harvest; other times they were planted too close to other plants and didn't have enough room to spread out. Most varieties of sweet potatoes can be harvested at fingerling size.

Adapted from: www.epicurious.com/ingredients/what-are-fingerling-sweet-potatoes



WATCH & LEARN

HERB-ROASTED FINGERLINGS

Point a smart phone camera at the QR code (or visit bit.ly/3tvb1eH) to open the video link and learn how to make the best herb-roasted fingerling potatoes on a baking sheet.



NMEP STAFF HIGHLIGHT

MEET SHELBY, HOSPITALITY MANAGER!

Shelby is NMEP's Hospitality Manager. On an average day, you can find her overseeing the packaging of meals and working alongside volunteers and staff at the Food Hub. Raised in rural Nebraska, Shelby grew up with a strong connection to agriculture and volunteered at food-related nonprofits when she was younger. She believes food is a human right and has been able to connect with this belief through working at NMEP.

Shelby says NMEP has helped her understand the importance of supporting local agriculture and connecting people with nutritionally dense foods. In her free time, Shelby enjoys cooking with friends, playing board games, curating playlists to fit any mood, and as always thinking about Elijah Wood!



CURATED RECIPE: SUSHI BOWL

BOWL ASSEMBLY

Start each bowl with a scoop of rice as a base. Top with sweet potatoes, carrots, cucumber, and sauteed spinach on top. Garnish with sesame seeds and green onion. Add soy sauce or salad dressing for toppings.



RICE

INGREDIENTS

- Sushi Rice **provided*
- Rice Vinegar Mixture **provided*

INSTRUCTIONS

1. Bring a large pot of water to boil. Once the water is boiling, pour in the rinsed rice and give it a stir. Boil the rice for 30 minutes, then turn off the heat and drain the rice. Return the rice to the pot and cover the pot. Let the rice steam for 10 minutes. Remove the lid and fluff the rice with a fork.
2. To prepare the rice seasoning: In a small saucepan over medium heat, add the rice vinegar mixture and warm the mixture, stirring often, until the sugar dissolves. Remove from heat and toss with rice once it's done steaming.

Image Source: <https://www.thespruceeats.com/sushi-rice-recipe-2031498>



VEGETABLES

INGREDIENTS

- Spinach **provided*
- Carrots **provided*
- Cucumber **provided*
- Green Onions **provided*
- Sweet Potato Fingerlings **provided*

INSTRUCTIONS

1. Clean spinach and water saute spinach until wilted or slice thinly if you prefer uncooked spinach.
2. Clean two carrots and slice in ribbons with vegetable peeler. If you do not have a vegetable peeler, cut into thin matchsticks.
3. Slice cucumber into ¼ in rounds.
4. Thinly slice green onions.
5. Slice 2 cups of sweet potato fingerlings in half. Steam or boil under tender. Lightly salt the boiling water.

Image Source: <https://www.darngoodveggies.com/vegan-sushi-bowl/>