



# COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS

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## WHAT'S LOCAL THIS WEEK?

- Mushrooms - Flavor Country Farms
- Yogurt - Burbach's Dairy
- Beets - Flint Ridge
- Potatoes - Lone Tree Farms
- Rolled Oats - Grain Place Foods

## PRODUCER HIGHLIGHT

### MEET FLAVOR COUNTRY FARMS

Nestled in the majestic Loess Hills of western Iowa, Flavor Country Farms has quite a diverse line up of products to offer. Their mushrooms and microgreens are produced year round in indoor controlled environments, while the greenhouses and fields take care of all the seasonal produce. Their farm is chef inspired with many interesting heirloom varieties to satisfy your taste buds. You can find their products at all your favorite restaurants in the Omaha Metro Area, as well as select Co-op's, CSA's, Produce Stands, and Farmers Markets.

Adapted from: <https://flavorcountryfarms.com/about>



## POTATO SALAD

### INGREDIENTS

- 1 Pound of Potatoes
- 1 Teaspoon Dijon mustard
- 1 Tablespoon Olive Oil
- Salt and Pepper
- 1 Tablespoons Lemon Juice, Lime Juice, or Vinegar
- Optional: Fresh Dill, Pickles or Scallions

### INSTRUCTIONS

1. Dice potatoes into bite-sized peices.
2. Cover the potatoes with water in a large pot with a lid. Bring the water to a boil over medium-high heat, then turn the heat down to medium.
3. Drain the water.
4. In a large bowl, mix the olive oil, citrus juice or vinegar, mustard, salt, and pepper. Whisk it briskly until the liquid is blended.
5. Throw the potatoes into the bowl and stir to coat them in the dressing. Add a generous amount of salt as you stir.

Adapted from: <https://books.leannebrown.com/good-and-cheap.pdf>



# BLACK-EYED PEA SLIDERS

## INGREDIENTS

- 1 Cup Black Eyed Peas\*
- 2 Tablespoons Oil
- 1 Red Onion, finely chopped\*
- 1 Teaspoon Berbere Spice\*
- Mushrooms, finely chopped\*
- 4 Oz Bread Crumbs\*
- 1 Teaspoon Tomato Paste\*
- 1 Lemon\*
- 2 Sprigs Cilantro\*
- 1 Habanero Pepper\*
- 1 Tablespoon Soy Sauce\*
- Salt and Pepper

\*provided

## INSTRUCTIONS

### Soak And Cook Black-Eyed Peas

1. Soak peas in water overnight. Drain, then transfer to a medium saucepan and fill with enough water to cover the peas by 2 inches. Place over high heat and bring to a boil. Skim off any foam, reduce the heat to medium, partially cover, and simmer until the beans are softening but still firm, 40-50 minutes.
2. Add 1 teaspoon salt and simmer for another 10 minutes. Drain the beans, rinse in cold water for 1 minute, and set aside to cool.

### Prepare Sliders

1. Warm the oil in a small skillet over low heat. Add the onion and saute until dark golden brown and extremely soft. Add the garlic, berbere, and  $\frac{1}{4}$  teaspoon salt and saute until fragrant, about 2 minutes. Increase the heat to medium.
2. Add the mushroom, bread crumbs, and tomato paste and cook, stirring occasionally, until the mushrooms are soft, about 5 minutes. Remove from heat and let it cool.
3. While the mushroom mixture is cooling, take 1 cup of cooked and cooled black-eyed peas and mash with a fork or place in a food processor with lemon juice and soy sauce. Mix in the mushroom mixture, with cilantro, and chopped habanero pepper. Combine until the mixture is completely incorporated. Add a few drops of water if the mix is not binding or sticking together.
4. Taste the mixture and season with black pepper if desired.
5. Scoop about  $\frac{1}{4}$  cup of the mixture for each and form into a patty about 2 inches wide and  $\frac{3}{4}$  in thick. Set aside. Warm oil over high heat in medium nonstick pan until hot then add sliders while reducing heat. Cook until crispy and browned for about 5 minutes on each side.

