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Tomāto Tomāto

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Broccoli

Broccoli has been around for more than 2000 years. The name "broccoli" comes for the Latin word brachium, which means "branch," or "arm." Americans have grown it in their gardens for only about 200 years! The first commercially grown broccoli was grown and harvested in New York, then planted in the 1920's in California. A few crates were sent back East and by 1925 the broccoli market was off the ground. This vegetable is highly recognized for its anti-cancer nutrients. It is a cruciferous vegetable and member of the cabbage family which is helpful in preventing certain types of cancer.

Selecting Fresh Broccoli

Choose bunches that are dark green. Good color indicates high nutrient value. Florets that are dark green, purplish, or bluish green contain more beta-carotene and Vitamin C than paler or yellowing ones. Choose bunches with stalks

that are very firm. Stalks that bend or seem rubbery are of poor quality. Avoid broccoli with open, flowering, discolored, or water-soaked bud clusters and tough, woody stems.

Fresh vs. Frozen

Packaged frozen broccoli differs from fresh in its nutrient content. The flower buds or florets are richer in beta-carotene than the stalks. Manufacturers typically cut off most of the stalk before packaging it, so frozen broccoli may contain 35% more beta-carotene by weight than fresh broccoli. The downside is that frozen broccoli has twice as much sodium as fresh (up to 68 mg per 10 oz.

package), about half the calcium, and smaller amounts of iron, thiamin, riboflavin, and vitamin C.

Preparation and Cooking

The best way to cook broccoli is to steam, cook in the microwave or stir-fry with a little broth or water. These methods are better than boiling. Some of the vitamin and mineral content are lost from the vegetable and end up in the cooking water when they are boiled. Cooked broccoli should be tender enough so that it can be pierced with a sharp knife, and still remain crisp and bright green in color

Eat florets as a nutritious snack. Try them with a low-fat dip, or include them in your favorite salad. Think about adding two vegetables to your dinner menu, and include broccoli or another cruciferous vegetable several times a week.



Pekarek's Produce

Pekarek's Produce is the home of Ryan, Katie, Jacob and Margaret Pekarek. They are located 5 miles west of Dwight, NE in Butler County- about 35 miles northwest of Lincoln. Two-thousand ten is Pekarek's 5th growing season. They grow several vegetables including the mixed salad from week 5 and the broccoli you have received in your CSA bags this week. They are vendors at the

Seward, Wahoo, and Lincoln Haymarket Farmers' Markets.

Pekarek's Farming

Practices:

The goal of Pekarek's Produce is the production of high quality vegetables via sustainable methods. They proudly serve their customers only the best produce from their fields. Freshness, quality and dedica-

tion to sustainability keep them motivated. Crop rotation and cover cropping keep their soils and thus their crops, healthy.

Nebraska Produce Availability Chart

This chart is based on the average harvest seasons of locally grown produce.

	April	May	June	July	August	Sept.	October
Fruit							
Apples							
Grapes							
Blackberries							
Raspberries							
Strawberries							
Vegetables							
Asparagus							
Beets							
broccoli							
Cabbage							
Carrots							
Cucumbers							
Eggplant							
Garlic							
Green Beans							
Gourds							
Herbs							
Lettuce							
Muskmelon							
Onions							
Peas							
Peppers							
Potatoes							
Pumpkins							
Rhubarb							
Spinach							
Squash							
Sweet corn							
Tomatoes							
Tumips							
Radishes							
Watermelon							
Zucchini							

Lemon Garlic Broccoli

Ingredients:

- 3 tablespoons butter
- 2 cloves garlic (or garlic scapes), finely minced
- 3 tablespoons fresh lemon juice
- Salt, to taste
- Pepper, to taste, optional

Preparation:

Steam broccoli until tender but firm, about 5 to 7 minutes. Heat the butter in a heavy non-stick skillet over medium heat; add the garlic and sauté for 1 minute. Add the cooked broccoli, lemon juice and salt and pepper to taste, cooking briefly to combine.

Tom "Broccoli" Landers holds the current world record for eating 1 pound of broccoli in 92 seconds.

Creamy Broccoli Pasta

Ingredients:

- 8 ounces pasta
- 1 bunch cooked broccoli floret, drained
- 5 medium fresh basil leaves
- 3 tablespoons butter

- 3/4 cup heavy cream
- 1 cup grated Parmesan cheese
- Salt and pepper to taste

Preparation:

Cook pasta until tender; drain. In food processor with steel blade combine broccoli, basil,

butter and cream. Pulse to purée. Add Parmesan cheese and pulse to blend. Mix broccoli mixture into drained pasta; stir. Cook, stirring, over medium-low heat. Add salt and pepper. Serve when heated through and well combined.

Cauliflower and Broccoli Salad

Ingredients:

- 1 head cauliflower separated into small flowerets
- 1 bunch broccoli separated into flowerets
- 1 red or green bell pepper, chopped
- 1 red onion, chopped

Dressing:

- 1 cup mayonnaise
- 1/2 cup vegetable oil
- 1/3 cup vinegar
- 1/2 cup sugar

Preparation:

Mix first four ingredients together; pour dressing over and mix to blend. Make at least 2 hours in advance.

Beet top Greens

If you grow or buy beets don't discard the greens. In your bag today are some beet top greens from both Double K farms and Honey Creek Farms. Unlike rhubarb tops which are toxic, beet top greens are delicious and nutritious. Some ideas as to what to do with your greens are to sauté, boil

or steam the leafy green tops for a low-calorie nutritious side dish. Beet greens are rich in potassium, calcium, Vitamin A and other minerals and vitamins. They also contain high amounts of lutein and beta-carotene; both are antioxidants that help keep eyes and skin healthy. The slightly sweet

taste of beet greens makes a good addition to salads and stir fry or as a steamed or sautéed side dish to meat, fish or on pasta.



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Omaha's indoor farmers market



Just a Note.....

We wanted to make a few simple reminders: If you for some reason will not be in for your bag, please give us a call ahead of time. If time gets away from you and you just don't make it in and had planned on making it in, if you call we will keep your bag. However, if you don't show and don't call, we will donate your bag to the local food pantry so that the fresh food doesn't go to waste.

Please don't forget your bags. If you do not have your bag returned to us by Thursday before the next pick up, we will have to charge \$5 for a new one.

If you have not paid for you full season of the CSA, we would like to remind you that the next 5 week payment is due now.

This is also the last time this five weeks to change or add on additional add-on's as well. If you didn't sign up for the add on for the whole time, please let us know if you would like to continue the add-on's with your bags.

Be our friend!
Follow us on Facebook.

More food stamps at Nebraska farmers markets?

LINCOLN, Neb. (AP) - Lawmakers have given first-round approval to a bill (LB986) that would encourage the state Department of Economic Development to promote the acceptance of food stamps at farmers markets.

The department would provide grants that would help organizers of farmers markets buy the electronic scanners needed to accept food stamps.

Applications for food stamps have increased significantly in Nebraska over the last year.

Similar increases have prompted lawmakers in California, Indiana, Texas, Vermont and other states to propose laws that would make it easier for their farmers markets to get the machines.