

May 8, 2008



# The

# PolyHarvester

Volume 10, Cycle 2

[www.polycsa.org](http://www.polycsa.org)

CSA Week 10 of 12

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**Veggie of the Week**

-Parsnip-

## *This Week's Harvest:*

- Herb of your choice
- Dried beans
- Red potatoes (x2)
- Green Onions
- Carrots
- Grapefruit
- Leeks

**You may choose 1 of  
6 herbs this week:**

- Chives
- Fennel
- Garlic
- Mint
- Thyme
- Parsnip



Questions?

Contact your CSA  
coordinator,  
Dr. Chris Wharton:  
[Christopher.wharton@asu.edu](mailto:Christopher.wharton@asu.edu)

## \$10 Cash Back for Summer!

Keep the produce coming. Get Chris your signed summer contract and check by Friday, May 9th, at 5pm, and you will get \$10 cash back on the first pick up day of the summer session (May 29th). Check the PolyHarvest CSA website ([www.polycsa.org](http://www.polycsa.org)) for the summer session contract, or email Chris at:

[christopher.wharton@asu.edu](mailto:christopher.wharton@asu.edu).

# The PolyHarvester Recipe



## Parsnip

If you're thinking the parsnip looks an awful lot like a carrot, you're right. They're related root vegetables, but the parsnip has a stronger flavor. As such, it can be prepared in the same way: add to a salad, boil it, steam it, or sauté it!

The etymology of the parsnip is interesting, if confused. Most assume 'parsnip' is a portmanteau of the terms 'parsley' and 'turnip.' Not so, say the anal etymologists. Despite the fact that the vegetable is a close relative of parsley, the root 'pars-' actually derives from Latin, meaning 'forked.' The '-nip' bit at the end came from the assumption that the vegetable was some sort of turnip, which it is not. Go figure.

## Parsnip, Yam, and Watercress Chowder

*From Bon Appétit, December 2007*

### Ingredients

1/4 cup (1/2 stick) butter  
 4 cups 1/2-inch cubes peeled parsnips (about 4 large)  
 1 1/2 cups chopped onion (about 1 large)  
 3 cups (or more) low-salt chicken broth  
 1 cup chopped peeled Granny Smith apple (about 1 medium)  
 1 1/2 cups 1/2-inch cubes peeled yam (red-skinned sweet potato; about 1 large)  
 1/8 teaspoon freshly ground nutmeg  
 1/4 cup whipping cream  
 4 cups watercress sprigs (tops of 2 bunches)

### Preparation

Melt butter in heavy large pot over medium heat. Add parsnips and onion. Sauté until onion softens, about 5 minutes. Add 3 cups broth and apple. Cover and simmer until parsnips are tender, about 12 minutes. Puree 2 cups parsnip mixture in blender until very smooth. Return puree to pot. Add yam cubes and nutmeg. Cover and simmer until yam cubes are tender, about 12 minutes. Mix in cream, then watercress. Stir until watercress wilts, about 2 minutes. Thin chowder with more broth, if desired. Season to taste with salt and pepper.

## Scrambled Eggs with Fresh Ricotta and Chives

*From Bon Appétit, April 2008*

### Ingredients

4 large eggs  
 1 tablespoon chopped fresh chives  
 1/4 teaspoon fleur de sel or coarse kosher salt plus more for sprinkling  
 1 tablespoon butter  
 1/2 cup fresh ricotta cheese  
 4 1/3- to 1/2-inch-thick slices whole grain bread or 8 whole grain baguette slices, lightly toasted and buttered  
 Whole chives (optional)

### Preparation

Whisk eggs, chopped chives, and 1/4 teaspoon fleur de sel in medium bowl until well blended. Melt butter in heavy medium nonstick skillet over medium heat. When foam subsides, add eggs and stir with heatproof silicone spatula until eggs are almost cooked but still runny in parts, tilting skillet and stirring with spatula to allow uncooked portion to flow underneath, about 2 minutes. Remove from heat. Add ricotta and stir just until incorporated but clumps of cheese are still visible.

Arrange 2 toasts or 4 baguette slices on each of 2 plates. Spoon scrambled eggs atop toasts. Sprinkle with more fleur de sel and pepper. Garnish with whole chives, if desired.