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The

PolyHarvester

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Questions?

Contact your CSA
coordinator,
Dr. Chris Wharton:
Christopher.wharton@asu.edu

Sign up for the Fall Season!

We're only a few shipments away from the end of the CSA's summer season. So, if you want to keep that amazing produce coming, contact Chris for the fall contract. The fall season will run from August 21st through November 6th, and fall produce is oh-so-good!!

The PolyHarvester Recipiece



Food Prices

You probably have caught at least one of the numerous recent stories on increasing food prices. A number of theories abound regarding the hike in the food bill, but some of the most basic economic principles probably explain much of the story.

Despite a greater amount of corn headed to biofuel production, the broader issue might simply be the global rise in the middle class. Not only are there more and more mouths to feed (especially in places like India and China), there are greater numbers of middle class individuals around the world as well. A universal principle of wealth and diet is that those with more money eventually begin eating more meat, fats, and sweets. More meat means more grains required to feed livestock, which means more of the world's available calories going to animal feed instead of food for humans. And less grain supply means increased price.

Curried Sweet Potatoes

From Eating Well Magazine, November/December 1994

Ingredients

4.5 lbs sweet potatoes (8 or 9 medium), peeled and cut into 1-inch pieces
1 tsp salt
1 cup dried apricots (3 ounces), cut into 1/4-inch slivers
1/2 cup raisins
1 cup boiling water
1 tbsp canola oil
1 onion, finely chopped
2 tsp curry powder
Freshly ground pepper, to taste

Preparation

Place sweet potatoes in a large pot and add enough cold water to cover by 1 inch. Add 1 teaspoon salt and bring to a boil over high heat. Reduce heat to medium and cook, uncovered, until tender but not mushy, 8 to 12 minutes. Drain well.

Meanwhile, combine apricots, raisins and boiling water in a small bowl; let sit until plumped, about 10 minutes.

Heat oil in a large wide pot over medium-high heat. Add onion and cook, stirring often, until softened, about 2 minutes. Add curry powder and cook, stirring, until fragrant, about 2 minutes. Add the cooked sweet potatoes, apricots, raisins and the fruit-soaking liquid. Season with salt and pepper. Stir gently over medium-low heat until warmed through.