

August 7, 2008



The

# PolyHarvester

Volume 11, Cycle 3

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

CSA Week 11 of 12

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Story of the Week

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## *This Week's Harvest:*

- Melon (1 ea.)
- Okra (1 basket)
- Red Potatoes (5 ea)
- Butternut Squash (1 ea)
- Verdolaga (1 bunch)
- Sweet Potatoes (3 ea)
- Eggplant (4 ea)
- Green Beans (1 bag)

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## Sign up for the Fall Season!

We're only a couple 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, or visit [www.polycsa.org](http://www.polycsa.org) to download the contract. The fall season will run from August 21st through November 6th, and fall produce is oh-so-good!!



## Questions?

Contact your CSA  
coordinator,

Dr. Chris Wharton:

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

# 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.

## Penne with Braised Squash and Greens

*From Eating Well Magazine, Fall 2004*

### Ingredients

- 2 teaspoons extra-virgin olive oil
- 4 ounces cubed smoked tofu
- 1 medium onion, chopped
- 3 cloves garlic, minced
- Pinch of crushed red pepper
- 1 1/2 cups vegetable broth
- 1 pound butternut squash, peeled and cut into 3/4-inch cubes (3 cups)
- 1 small bunch Swiss chard, stems removed, leaves cut into 1-inch pieces
- 8 ounces whole-wheat penne, rigatoni or fusilli
- 1/2 cup freshly grated Parmesan cheese
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper to taste

### Preparation

1. Put a large pot of water on to boil for cooking pasta.
2. Heat oil in a large nonstick skillet over medium heat. Add tofu and cook, stirring, until lightly browned, 3 to 5 minutes. Transfer to a plate. Add onion to the pan; cook, stirring often, until softened and golden, 2 to 3 minutes. Add garlic and crushed red pepper; cook, stirring, for 30 seconds. Return the tofu to the pan and add broth and squash; bring to a simmer. Cover and cook for 10 minutes. Add chard and stir to immerse. Cover and cook until the squash and chard are tender, about 5 minutes.
3. Meanwhile, cook pasta until just tender, 8 to 10 minutes or according to package directions. Drain and return to the pot. Add the squash mixture, Parmesan, salt and pepper; toss to coat.

\*These and many more recipes can be found at [www.allrecipes.com](http://www.allrecipes.com) or [www.epicurious.com](http://www.epicurious.com)