



Volume 1, Issue 1  
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(Week 1 of 6)

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## Back Page Contents

### Recipes for:

- Butternut squash fries-
- Stir-fried kale-

### Red Russian Kale:

- Description of our Veggie of the Week-
- Link to other recipes-



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## Questions?

Contact your CSA  
coordinator,  
Dr. Chris Wharton:

Christopher.wharton@asu.edu

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# The PolyHarvester

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## Welcome CSA Members!

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### Our First Harvest:

- Butternut squash
- Tangelos
- Red Russian kale
- Orange carrots
- Radishes
- Lettuce mix
- Spinach
- Braising greens

### To Where for Your Share:

Come to the ASU Polytechnic campus Thursday, Jan. 24th, between 4:45pm and 6:45pm.

Head to the Health Science Center (HSC), room 1307.

- Remember to bring bags or a box to carry home your produce!
- For directions and maps, go to: [www.poly.asu.edu/about/maps/campus/](http://www.poly.asu.edu/about/maps/campus/)

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## Meet your farmer!

Visit Crooked Sky Farms for CSA Member Day, this Saturday, Jan. 26th, from 9:30am 'til 12pm. Enjoy cooking demos, walking tours, and a chance to chat with Farmer Frank and his staff.

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To get to Crooked Sky from Polytechnic, take the 202W to I-10. Take the I-10W toward Phoenix, then merge onto I-17N/US-60W toward Flagstaff. Exit on 19th Ave. and go left. Make an immediate left onto the south side access road. Follow this road to 16th Ave. and make a right. Follow 16th Ave. to Watkins and make another right. The farm will be down this road on the right-hand side.



### ***Red Russian Kale***

This variety of kale grows to two feet tall, produces very tender, bitter-free leaves, and can vary in color from green with purple-pink veins to an attractive reddish-purple.

For recipe ideas using this and other veggies in your share, check out Tucson's CSA Web site at:  
[www.tucsoncsa.org](http://www.tucsoncsa.org)

## **The PolyHarvester Recipiece**

### **Butternut Squash Fries\***

#### **Ingredients:**

Butternut squash  
Salt (to taste)  
Sugar (to taste)

#### **Directions:**

1. Preheat oven to 425° F.
2. Cut squash lengthwise and spoon out seeds.
3. Carefully cut or peel away skin.
4. Cut squash into 1/4 inch strips, like French fries.
5. Lay strips on baking sheet and sprinkle with sugar and salt.
6. Bake for 20-25 minutes, turning halfway through, or until fries begin to brown and crisp.

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### **Stir Fried Kale\***

#### **Ingredients:**

3 tablespoons olive oil  
1 onion, chopped  
3 cloves garlic, minced  
1 cup breadcrumbs  
3 bunches (~aprox. 1 lb.) kale, washed, dried, and shredded

#### **Directions:**

1. Heat oil over medium-high heat in a large frying pan. Add onions and garlic; cook and stir until soft.
2. Mix in breadcrumbs, and cook and stir until brown.
3. Stir in kale, and cook until wilted. Serve hot or warm.

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