

August 21, 2008



# The

# PolyHarvester

Volume 1, Cycle 4

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

CSA Week 1 of 12

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-Corn/Okra-

**Veggie of the Week**

-Basil-

## *This Week's Harvest:*

- Okra
- Eggplant
- Onions
- Basil
- Corn
- Roasted Anaheim Peppers
- Sweet Potatoes
- Green Beans



## Questions?

Contact your CSA  
coordinator,

Dr. Chris Wharton:

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## Welcome PolyHarvesters!

Welcome everyone to the fall season of the PolyHarvest CSA. Coming your way are loads of excellent vegetables, as well as occasional CSA-sponsored events. The CSA helps run cooking demos, movie showings, and speaker events, so keep your eyes open for future invites!

If you have questions, qualms, quandaries, concerns, comments, or other alliterative issues, please feel free to contact me (my email is to the left).

I look forward to seeing old members and meeting new ones!

# The PolyHarvester Recipiece



## Basil

Basil has an interesting, if conflicted, history. Although it is often used in Italian cooking and has been a symbol of passionate love in that country, it has a longer and much-maligned history, dating back to ancient Greek and Roman eras. Basil was a symbol of evil to the ancient Greeks, and Romans (as legend has it) believed that basil thrived only when thoroughly abused (for instance ripping at the plant or stomping upon it). As such, they would shout curses and insults at the herb as they planted it. Interestingly, snipping the main stem of basil encourages the plant to grow branches, and in fact thrive, and this might be the source of this interesting abusive behavior.

Basil is best when used fresh. In cooking, add basil towards the end, as extensive cooking can destroy its flavor. Basil can remain fresh in a plastic bag in a refrigerator for a short time. For longer storage, basil can be left in the freezer.

## Sweet Potato Quesadillas

*From Christopher Wharton and Kelsey Kidd*

### Ingredients

2 sweet potatoes  
1.5 cups shredded Monterey Jack cheese  
1 large, sliced zucchini  
2 cups spinach  
1 cup red onion, diced  
4 large, whole wheat tortillas

### Preparation

Peel and coarsely chop sweet potatoes, then boil until soft (easily pierced by fork). Set aside.

Meanwhile, sauté onions and zucchini together with olive oil on medium heat, until onion is tender, but still a bit crispy.

Spray a large pan with Pam or similar spray oil, then lay one tortilla down over medium heat. Create a layer of shredded cheese, then sprinkle sliced zucchini and onion evenly. Slice sweet potatoes into a thin layer over the zucchini/onions, then add a layer of spinach. Sprinkle more cheese (it'll act like a glue, holding the quesadilla together), and top with another tortilla. Cook until browned on the bottom, then flip and cook for another 2-3 minutes.

Slide onto a plate, and serve with a dollop of sour cream and/or guacamole. Corn makes a great side dish!

## Cajun Corn Sauté

*From Eating Well Magazine, July/August 1998*

### Ingredients

3 medium ears corn, husked  
2 teaspoons extra-virgin olive oil  
1 small onion, chopped  
1 stalk celery, chopped  
1 small green bell pepper, seeded and chopped  
1 clove garlic, minced  
1 large ripe tomato, seeded and chopped  
1 cup okra, trimmed and cut into 1-inch lengths  
1/2 teaspoon Cajun seasoning  
1/2 cup reduced-sodium chicken broth  
1 tablespoon chopped fresh parsley  
Salt & freshly ground pepper to taste

### Preparation

Cut corn from cobs. You should have about 2 cups. Heat oil in a nonstick skillet over medium heat. Add onion, celery, bell pepper and garlic; cook, stirring, until the vegetables soften and begin to brown, 5 to 7 minutes. Add tomato, okra, Cajun seasoning and the corn; cook, stirring frequently, for 10 minutes. Add broth. Reduce heat to low and simmer, stirring occasionally, until the corn is tender, about 10 minutes more. Stir in parsley and season with salt and pepper. Serve hot.