

March 6, 2008



# The

# PolyHarvester

Volume 2, Issue 1

CSA Week 1 of 12

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Potatoes-

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**Veggie of the Week:**

-Tatsoi-

## *This Week's Harvest:*

- Green Onions
- Beets
- Spinach
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- Tatsoi
- Citrus
- Fennel
- Farmer's Choice



## Questions?

Contact your CSA  
coordinator,

Dr. Chris Wharton:

Christopher.wharton@asu.edu

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## Welcome to the Spring Harvest!

Welcome, old and new members of the PolyHarvest CSA! This round promises more delicious, locally-grown produce as well as a number of exciting events open to CSA members! There will be a visit from Eric Schlosser, author of *Fast Food Nation* (details to come), as well as a cooking class using local foods and run by a local chef! It's a great time to be involved!

# The PolyHarvester Recipiece



Tatsoi, a very popular Asian green, is similar in taste and usage to bok choy. In fact, the vegetables share a bit of etymological history. ‘-soi,’ or ‘-choy,’ in Chinese, literally means, “vegetable.” ‘Bok,’ however, refers to the color white, while ‘tat-’ means “sink” or “fall flat.”

Tatsoi is an open-hearted mustard with thick, deep green leaves. It tends to have a soft texture and is subtly flavorful. Use tatsoi raw in salads or cooked in soups and in Asian-style dishes.

## Fennel Mashed Potatoes

Featured in Bon Appétit magazine, February 2006

### Ingredients

2 tbsp (1/4 stick) butter  
1 fennel bulb (trimmed, quartered, cored, thinly sliced cross-wise)  
1/2 tsp fennel seeds, crushed  
2 1/2 lb russet potatoes or Yukon Gold potatoes (peeled, cut into 2-inch pieces)  
1 c (or more) half and half

### Preparation

Melt butter in large skillet over medium heat. Add sliced fennel bulb and crushed fennel seeds and stir to coat. Sprinkle with salt and pepper. Reduce heat to low, cover, and cook until fennel is tender but not brown, stirring often, about 20 minutes.

Boil potatoes (about 15 minutes) and mash.

Add 1 c half and half to fennel mixture and bring to simmer. Working in 2 batches, add fennel mixture to potatoes; stir to combine. Season with salt and pepper.

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## Swiss Chard with Raisins and Almonds

Featured in Gourmet magazine, February 2008

### Ingredients

1/2 large onion (sliced lengthwise 1/4 inch thick [1 cup])  
2 1/2 tbsp extra-virgin olive oil, divided  
1/4 tsp Spanish smoked paprika  
2 lb Swiss chard (center ribs discarded and leaves coarsely chopped)  
1/2 c golden raisins  
1/2 c water  
1/4 c coarsely chopped almonds with skins

### Preparation

Cook onion with 1/4 tsp salt in 2 tbsp oil in a 5- to 6-quart heavy pot over medium heat, stirring, until softened. Sprinkle with paprika and cook, stirring, 1 minute. Add chard in batches, stirring frequently, until wilted, then add raisins and water. Cook, covered, stirring occasionally, until chard is tender, about 7 minutes. Season with salt.

Cook almonds in remaining 1/2 tbsp oil in a small heavy skillet over medium-low heat, stirring frequently, until golden, 3 to 5 minutes. Sprinkle almonds over chard.