



Volume 2, Cycle 1  
January 31, 2008

(Week 2 of 6)

## Back Page Contents

### Recipes for:

- Turnips-
- Daikon-

### Daikon:

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



## Questions?

Contact your CSA  
coordinator,  
Dr. Chris Wharton:

Christopher.wharton@asu.edu

# The PolyHarvester

## This Week's Harvest:    To Where for Your Share:

- Spinach
- Tuscano Kale
- Daikon
- Turnips
- Onions
- Grapefruit
- Arugula
- Rapini (Broccoli rabe)

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/)

## Broccoliterati

You might not find broccoli to be a very exciting topic of thought and conversation. Few do. In the world of nutrition science, however, there exists a large body of literature probing the biochemical depths of broccoli and other related vegetables.

The reason for so much research on broccoli is that it contains compounds called *glucosinolates*. When eaten, these heftily-named molecules can be converted to compounds that help protect the lucky digester from some cancers. *Sulforaphane* is primary among these protective compounds, and you might even see it showing up in supplement form in the health store.

So, the next time you're at a party and wanting to impress all your vegetable-minded friends, mention that you enjoy broccoli not just for its versatility in recipes, but also for its joyful abundance of glucosinolates. I promise, everyone will be talking about you later.

# The PolyHarvester Recipiece

## Daikon, Carrot, and Broccoli Slaw

Featured in Bon Appétit magazine, December 2007

### Ingredients

8 ounces daikon (Japanese white radish),\* peeled, cut into 1-inch pieces (about 1/2 large)  
6 ounces peeled baby carrots  
6 ounces broccoli stems, cut into 1-inch pieces  
1 cup chopped green onions  
1/3 cup seasoned rice vinegar  
2 1/2 tablespoons minced peeled fresh ginger  
1 1/2 tablespoons Asian sesame oil  
1 1/2 teaspoons chili-garlic sauce\*

### Preparation

Grate daikon, carrot and broccoli either by hand or in a food processor. Transfer vegetables to medium bowl. Add green onions. Whisk vinegar, ginger, oil, and chili-garlic sauce in small bowl to blend; pour over vegetables and toss to coat. Season with salt and serve.



### *Daikon*

Daikon is a root vegetable similar to a radish or ginger. It is an important part of Japanese cuisine as well as in other East Asian countries. Daikon is traditionally used in salads, marinated in vinegar, or grated and used as garnish.

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)

## Glazed Turnips

Featured in Gourmet magazine, February 2001

### Ingredients

2 lb small to medium (2-inch) turnips  
About 1 1/2 cups plus 3 tablespoons water  
2 tablespoons butter  
1 tablespoon sugar  
1/2 teaspoon salt

### Preparation

Peel turnips, then halve horizontally and quarter halves. Arrange turnips in 1 layer in a 12-inch heavy skillet and add enough water (about 1 1/2 cups) to reach halfway up turnips. Add butter, sugar, and salt and boil over moderately high heat, covered, stirring occasionally, 10 minutes. Boil turnips, uncovered, stirring, until tender and water has evaporated, about 8 minutes.

Sauté turnips over moderately high heat, stirring, until golden brown, about 5 minutes more. Add 3 tablespoons water and stir to coat turnips with glaze.