

August 28, 2008



# The

# PolyHarvester

Volume 2, Cycle 4

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

CSA Week 2 of 12

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-Pears-

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**Veggie of the Week**

-Beans-

## *This Week's Harvest:*

- Pears (double share of two Asian varieties)
- Roasted Anaheim Chiles
- Herbs
- Onions
- Corn
- Green Beans
- Red Potatoes

**You may choose 1 of  
3 herbs this week:**

- Basil
- Oregano
- Mint

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## Concert Tomorrow Night!

Hello PolyHarvesters! There will be a concert here on Polytechnic tomorrow night. The show will feature 4 bands (two of which yours truly will be playing in). If you like live music, head over to the Student Union Ballrooms Friday night. The show starts around 7:30pm. Everyone is welcome, and it's free!!!



Questions?

Contact your CSA  
coordinator,  
Dr. Chris Wharton:  
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# The PolyHarvester Recipiece



## Beans

The question is an enduring, if embarrassing, one. Do beans really contribute to...ahem...gas production?

The answer, actually, is yes. Many bean varieties contain a form of complex carbohydrate, generally referred to as oligo-saccharide, that is indigestible by human enzymes. As a result, the undigested carbohydrate makes its way to the colon, where bacteria that populate every human's gut literally ferment the undigested carbohydrate for fuel. The undesirable result of this reaction is, well, potentially copious amounts of gas.

There are gas-reducing strategies, however. Cooking dried beans well can help break down some of the offense-inducing carbohydrates. Or, if you're an avid eater, you might simply invest in Beano!

As an aside, if you are as etymologically curious as I am, the word "flatulent" refers to being "liable to, or prolific in, windy blasts," according to the Oxford English Dictionary. Not very subtle, is it?

## Arugula and Pear Salad

*From Eating Well Magazine, Fall 2003*

### Ingredients

#### **Dressing**

2 tablespoons finely chopped shallot  
3 tablespoons vegetable broth  
3 tablespoons extra-virgin olive oil  
1 1/2 tablespoons balsamic vinegar  
1/2 teaspoon Dijon mustard  
1/4 teaspoon salt  
Freshly ground pepper to taste

#### **Salad**

1/2 cup chopped walnuts  
2 firm red Bartlett pears  
5 cups butterhead lettuce (Bibb or Boston), torn into bite-size pieces  
4 cups arugula, trimmed

### Preparation

To prepare dressing: Whisk shallot, broth, oil, vinegar, mustard, salt and pepper in a small bowl. To prepare salad: Toast walnuts in a small dry skillet over medium-low heat, stirring, until fragrant, 2 to 3 minutes. Transfer to a small bowl and let cool. Just before serving, cut pears into 16 slices each. Place in a large bowl. Spoon on 1 tablespoon of the dressing and toss to coat. Add lettuce, arugula and the remaining dressing; toss well. Divide among 8 plates. Top with the walnuts.

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## Roasted Green Beans and Red Peppers

*From [www.eatingwell.com](http://www.eatingwell.com)*

### Ingredients

3/4 pound green beans, trimmed  
1 large red bell pepper, cut into strips  
1 tablespoon extra-virgin olive oil  
Salt & freshly ground pepper to taste

### Preparation

Preheat oven to 500°F. Toss green beans and bell pepper with oil and salt and freshly ground pepper to taste. Spread in an even layer on a rimmed baking sheet and roast at 500°F until browned and tender, turning once halfway through cooking, about 10 minutes.