

March 20, 2008



The

PolyHarvester

Volume 3, Cycle 2

CSA Week 3 of 12

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Recipes for:

*-Buttered Cabbage-
-Pea Salad with Radishes and Feta-*

Veggie of the Week

-Podding Radishes-

This Week's Harvest:

- Cabbage
- Beets
- Herb of your choice
- Tuscano Kale
- Turnips
- English Peas
- Podding Radishes
- Broccoli

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

- Dill
- Cilantro
- Fennel

You're Invited!

CSA members have the opportunity to attend a presentation by Eric Schlosser, author of *Fast Food Nation*. Mr. Schlosser will be coming to the Polytechnic campus on the morning of Monday, March 31st (time TBD; likely 10am). Space is limited, so please R.S.V.P. to Dr. Wharton A.S.A.P.!



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

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The PolyHarvester Recipiece



Podding Radishes

This unusual Southeast Asian vegetable gets its name for its edible seed pods. Instead of eating the root, the entire seed pod produces a delicious, crisp, mildly pungent veggie, similar to a green bean, that can be enjoyed raw, steamed, or sautéed!

Buttered Cabbage

Reprinted with permission from *Irish Traditional Cooking* | February 2008
This recipe for quickly cooked cabbage has converted many an ardent cabbage hater!

Ingredients

1 lb fresh Savoy cabbage
2 to 4 tablespoons butter
salt and freshly ground pepper
an extra knob of butter

Preparation

Remove all the tough outer leaves from the cabbage. Cut the cabbage into four, remove the stalk and then cut each quarter into fine shreds, working across the grain. Put 2 or 3 tablespoons of water into a wide saucepan, together with the butter and a pinch of salt. Bring to a boil, add the cabbage and toss over a high heat, then cover the saucepan and cook for a few minutes. Toss again and add some salt, freshly ground pepper and the knob of butter. Serve immediately.

Peas and Turnips with Bacon and Dill Butter

Featured in Bon Appétit magazine, November 2002

Ingredients

8 tablespoons (1 stick) butter, room temperature
4 tablespoons chopped fresh dill
8 bacon slices, chopped
1 1/4 lb turnips, peeled, cut into 1/2-inch cubes (~4 cups)
2 16-ounce bags frozen petite peas, thawed

Preparation

Mix 6 tablespoons butter and 3 tablespoons dill in small bowl to blend. Season with salt and pepper. (Dill butter can be made 2 days ahead; cover and chill. Bring to room temperature before using.)

Sauté bacon in heavy large skillet over medium heat until brown and crisp. Using slotted spoon, transfer bacon to paper towels. (Can be made 2 hours ahead; let stand at room temperature.)

Melt remaining 2 tablespoons butter in large nonstick skillet over medium-high heat. Add turnips and sauté until tender and golden, about 9 minutes. Add peas and dill butter and stir until peas are heated through, about 3 minutes. Stir in bacon. Season with salt and pepper. Transfer to bowl. Sprinkle with remaining 1 tablespoon dill and serve. Makes 8-10 servings.