

November 20th, 2008



The

PolyHarvester

Volume 2, Cycle 5

www.polycsa.org

CSA Week 2 of 12

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Recipes for:

-Turnips-

-Bok Choy-

Fruit of the Week

-Navel oranges-

This Week's Harvest:

- Spring Mix
- Acorn squash
- Navel oranges
- Green onions
- Purple turnips
- Summer squash
- Bok choy
- Rapini (Broccoli rabe)

News and Updates

Lots of farmers' markets are opening up in the East Valley, including one in Queen Creek and another at the San Tan Village Mall (east on Williams Field Rd.). Check back at our website (www.polycsa.org) for information on these and other local foods events!



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

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The PolyHarvester Recipiece



Navel oranges

The tasty navel oranges you will enjoy in this week's share are actually mutants! (But really, aren't we all?) In fact, a single mutation that occurred in a Brazilian field of sweet oranges in 1820 resulted in this curious citrus. The mutation causes the orange to develop a second conjoined twin at the base of the original fruit, opposite the stem. From the outside, the smaller, undeveloped twin makes a little bulge that looks similar to the human navel.

'course, thoughts of navels and conjoined twins might tend toward the bizarre, but here's something cool: because they're seedless, navel oranges can only be produced through cutting and grafting, meaning the oranges you eat today are exact copies of those originally produced in that field in Brazil.

Yummy Bok Choy Salad

From www.allrecipes.com

Ingredients

½ cup olive oil
¼ cup white vinegar
1/3 cup white sugar
3 tablespoons soy sauce
Approx. 4-5 cups bok choy, cleaned and sliced
1 bunch green onions, chopped
1/8 cup slivered almonds, toasted
½ package (6 oz) chow mein noodles

Preparation

In a glass jar with a lid, mix together olive oil, white vinegar, sugar and soy sauce. Close the lid and shake until well mixed. Combine the bok choy, green onions, almonds and chow mein noodles in a salad bowl. Toss with dressing and serve.

Mashed Turnips

From Trevy Thomas for Suite101.com

Ingredients

8 medium sized turnips, peeled and quartered
2 tablespoons olive oil
¼ cup milk (regular or soy)
Salt and pepper to taste

Preparation

Put turnips in large stockpot and cover with cold water. Bring to a boil and boil until fork tender, about 10 minutes. When cooked, pour pot contents into colander to strain. Return empty pot to low heat and add olive oil. Add drained turnips to oil, season with salt and pepper and mash with potato masher (or fork or the back of a heavy spoon if you don't have a potato masher). Add milk and continue to mash until smooth and add salt and pepper to taste.