



Volume 3, Cycle 1  
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(Week 3 of 6)

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### Questions?

Contact your CSA  
coordinator,  
Dr. Chris Wharton:

Christopher.wharton@asu.edu

# The PolyHarvester

## This Week's Harvest:

- Spinach
- Tangelos
- Valentine Radishes
- Baby Arugula
- Hon Tsai Tai
- Braising Greens
- Broccoli
- Farmer's Choice

## To Where for Your Share:

Come to the ASU Polytechnic campus Thursday 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/)

## Get Ready for Round Two!

We hope you've enjoyed participating in the Poly Harvest CSA so far and don't worry, you're weekly delivery of fresh produce won't be going anywhere!

The next cycle will be starting in March and run for twelve weeks! Contracts will be coming soon and please email Dr. Wharton if you're interested!



## Hon Tsai Tai

Hon Tsai Tai is a flowering green native to China. It has deep purple flowering stalks and dark green leaves. The young stalks and flowers are edible and very tender, making them perfect for stir-fry.

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)

# The PolyHarvester Recipe

## Hot Buttered Radishes\*

### Ingredients

1 bunch radishes with greens, cleaned and sliced in half lengthwise  
1 pat butter  
Salt and freshly ground pepper to taste

### Preparation

Heat butter in a skillet over high heat to melt. Add radishes and stir to coat. Cook about 1 minute until heated through. Sprinkle with salt and pepper.

## Asian Spinach Salad with Tangelos and Avocado\*

### Ingredients

2 tablespoons finely chopped shallots	1 tangelo
2 tablespoons seasoned rice vinegar	1 6-ounce bag baby spinach leaves
1 tablespoon vegetable oil	1 avocado, halved, pitted, peeled, cut into 1/2-inch wedges
2 teaspoons minced peeled fresh ginger	
1/4 teaspoon (generous) Asian sesame oil	

### Preparation

Whisk first 5 ingredients in large bowl. Season to taste with salt and pepper. Set dressing aside.

Cut off peel and white pith from orange. Cut orange into 1/3-inch rounds; cut rounds cross-wise in half. Add spinach to dressing; toss to coat. Add avocado and orange; toss gently.

## Angel Hair Pasta with Broccoli and Herb Butter\*

### Ingredients

1/2 cup (1 stick) butter (or butter substitute), room temperature  
2 tablespoons chopped fresh basil  
2 tablespoons chopped fresh Italian parsley  
1 garlic clove, minced  
  
2 teaspoons olive oil  
8 ounces angel hair pasta  
2 cups small broccoli florets  
Grated Parmesan cheese (optional)

### Preparation

Mix first 4 ingredients in small bowl.

Bring large pot of salted water to boil. Add 2 teaspoons olive oil. Add pasta and cook until almost tender, about 3 minutes. Add broccoli and boil until pasta is tender but still firm to bite and broccoli is crisp-tender, about 1 minute longer. Drain pasta and broccoli; transfer to large serving bowl. Add herb butter and toss well to coat. Season to taste with salt and pepper. Serve, passing Parmesan cheese separately if desired.

\*These and many more recipes can be found at [www.epicurious.com](http://www.epicurious.com)