

September 4, 2008



The

PolyHarvester

Volume 3, Cycle 4

www.polycsa.org

CSA Week 3 of 12

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Recipes for:

-Anaheim Chiles-

-Green Beans-

Veggie of the Week

-Anaheim Chiles-

This Week's Harvest:

- Asian Pears (1 basket)
- Roasted Anaheim Chiles (1 bag)
- Corn (2 ears)
- Okra (1 basket)
- Zucchini (1 ea.)
- Green Beans (1 bag)
- Greens Mix (1 bag)
- Eggplant (3 ea)

Submit your recipes!

Hello PolyHarvesters! If you have a unique recipe that incorporates produce you've been receiving through the CSA, and you want to see it published online, then send it my way! I will format your recipe, create a pdf (with credit given to you, of course), and publish it at the CSA website. Check out the site for other recipes from CSA members (www.polycsa.org/recipes.html).



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

Christopher.wharton@asu.edu

The PolyHarvester Recipiece



Anaheim Chiles

This chile is named after the city in California, and it is one of the most common chiles found in the US. It is often a very mild chile, but you might have noticed they've been getting pretty hot recently! That's because, as chiles grow throughout the season, they become progressively hotter. We are well into the growing season for chiles, so we're getting some pretty hot stuff.

Check out the recipe to the right for ways to incorporate the chile into dishes. Aside from this recipe, consider mixing it in with cous cous, or making a very hot salsa! All good stuff, if your taste buds can handle it!

Colorado Quinoa with Carmelized Onions

From www.foodnetwork.com

Ingredients

1.5 c quinoa
1.5 c water
2 medium yellow onions, thinly sliced
2 tbsp butter, plus 2 tbsp
2 tbsp olive oil , plus 1/4 c
0.5 c white wine
2-3 roasted Anaheim chiles
2 tbsp soy sauce
0.5 chopped parsley

Preparation

Rinse quinoa in a fine sieve. Place in a pot with the water and bring to a boil. Reduce heat immediately to low simmer and cook for 25 minutes. In a separate pan, sauté onions in 2 tbsp of butter and 2 tbsp olive oil. When onions are soft and translucent, add the wine and cook until reduced and onions caramelize. Slice roasted peppers into 1/4 inch strips. In a separate pan, warm 1/4 c olive oil and 2 remaining tbsp butter, add cooked quinoa, soy sauce, and parsley and continue to stir until all ingredients are fully incorporated. Place in serving dish, top with caramelized onions and chile pepper strips.

Spaghetti with Arugula, Roasted Peppers, and Prosciutto

From www.eatingwell.com

Ingredients

12 ounces whole-wheat spaghetti (see Ingredient note)
1 tablespoon extra-virgin olive oil
4 cloves garlic, minced
1/8-1/4 teaspoon crushed red pepper
2 ounces thinly sliced prosciutto, trimmed of fat and cut into thin strips (1/2 cup)
1 12-ounce jar roasted red peppers, rinsed and cut into thin strips (1 1/2 cups)
8 cups arugula leaves (8 ounces)
2/3 cup freshly grated Parmesan cheese, divided
Freshly ground pepper to taste
1/3 cup chopped walnuts, toasted

Preparation

Cook spaghetti in a large pot of lightly salted boiling water until just tender, 8 to 10 minutes. Meanwhile, heat oil in a large skillet over medium-low heat. Add garlic and crushed red pepper; cook, stirring, until fragrant but not colored, 1 to 2 minutes. Add prosciutto and cook, stirring often, until lightly browned, 2 to 3 minutes. Stir in roasted peppers and arugula; increase heat to medium-high. Cook, stirring often, until the arugula is wilted, 3 to 4 minutes. Reserving 1/3 cup of the cooking water, drain the spaghetti and place in a warmed large bowl. Add the reserved water, arugula mixture, 1/3 cup Parmesan and pepper; toss to coat well. Sprinkle with walnuts and the remaining Parmesan and serve.