

June 11, 2008



The

PolyHarvester

Volume 3, Cycle 3

www.polycsa.org

CSA Week 3 of 12

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Veggie of the Week

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This Week's Harvest:

- Peaches
- Plums
- Onions
- Tomatillos
- Squash
- Red Potatoes
- Sweet Potatoes
- Rhubarb

Submit ideas for CSA events!

CSA members: if you have ideas for events you'd like held with support from the PolyHarvest CSA, email your coordinator, Christopher Wharton, at the address at the bottom left of this newsletter.

Event ideas include: documentary movie showings, cooking demonstrations, local foods speakers, or whatever clever concepts you can conjure!

I'd love to hear your ideas!



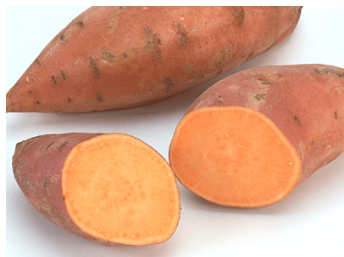
Questions?

Contact your CSA coordinator,

Dr. Chris Wharton:

Christopher.wharton@asu.edu

The PolyHarvester Recipiece



Sweet Potato

People these days often use the terms ‘yam’ and ‘sweet potato’ interchangeably, despite the fact that these two vegetables are not even remotely related. Interestingly, the problem began with a purposeful conflation of the terms. A number of decades ago, orange-fleshed sweet potatoes were introduced to the southern United States (where prior to this only paler, less sweet types existed). Shippers of the orange sweet potato wanted to distinguish the product from the significantly more boring pale variety, and they adopted the African term, ‘nyami,’ referring to an orange, edible root from that continent. Most of the time in the US, yams are actually sweet potatoes, but USDA requires that the ‘yam’ label always be accompanied by the term ‘sweet potato.’ Interestingly, real yams are becoming increasingly popular and are more often being found in the US grocery store.

Sweet Potato Quesadillas

From Christopher Wharton and Kelsey Kidd

Ingredients

2 sweet potatoes
1.5 cups shredded Monterey Jack cheese
1 large, sliced zucchini
2 cups spinach
1 cup red onion, diced
4 large, whole wheat tortillas

Preparation

Peel and coarsely chop sweet potatoes, then boil until soft (easily pierced by fork). Set aside.

Meanwhile, sauté onions and zucchini together with olive oil on medium heat, until onion is tender, but still a bit crispy.

Spray a large pan with Pam or similar spray oil, then lay one tortilla down over medium heat. Create a layer of shredded cheese, then sprinkle sliced zucchini and onion evenly. Slice sweet potatoes into a thin layer over the zucchini/onions, then add a layer of spinach. Sprinkle more cheese (it’ll act like a glue, holding the quesadilla together), and top with another tortilla. Cook until browned on the bottom, then flip and cook for another 2-3 minutes.

Slide onto a plate, and serve with a dollop of sour cream and/or guacamole. Corn makes a great side dish!

Rhubarb Frozen Yogurt*

From Gourmet, April 2004

Ingredients

3/4 cup water
2 tsp unflavored gelatin
4 cups sliced fresh rhubarb stalks
1/2 cup plus 2 tbsp sugar
3 cups vanilla low-fat yogurt
12 amaretti (Italian macaroons), finely chopped
1 lb strawberries

Preparation

Put 1/4 cup water in a small cup, then sprinkle gelatin on top and let gelatin soften while cooking rhubarb. Cook rhubarb, 1/2 cup sugar, and remaining 1/2 cup water in a heavy medium saucepan over medium heat, stirring occasionally, until very soft (~7 min.). Add gelatin mix, stirring until dissolved, then cool 10 minutes. Puree in a food processor until smooth, then add yogurt and blend until combined. Freeze in ice cream maker.

*Requires an ice cream maker.