

February 14, 2008



The

PolyHarvester

Volume 4, Cycle 1

CSA Week 4 of 6

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Recipes for:

-Carrots and Dill-
-Rapini-

Herb of the Week:

-Dandelion-

This Week's Harvest:

- Onions
- Carrots
- Herb of your choice
- Red Bull Lettuce
- Spinach
- Rapini (broccoli rabe)
- Tangelos
- Broccoli

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

- Dill
- Dandelion
- Cilantro
- Shingiku

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!



Questions?

Contact your CSA
coordinator,
Dr. Chris Wharton:

Christopher.wharton@asu.edu

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!

The PolyHarvester Recipiece



Dandelion

You might wonder about the origin of the dandelion's name. Etymologist's best guess is that it comes from descriptions relating parts of the dandelion, in particular its jagged leaves, to the teeth of a lion (L: *dens leonis*; Fr.: *dent de lion*).

In any case, the dandelion is more than a weed. The entire plant is edible and can be used in herbal preparations. Its leaves in particular are used in salads or sautéed.

Zucchini and Carrots with Green Onion and Dill

Featured in Bon Appétit magazine, December 2006

Ingredients

1 1/2 to 1 3/4 lbs zucchini, trimmed, coarsely grated
3 tablespoons olive oil
1 1/2 c chopped green onions (about 6 large), divided
1 1/2 lbs carrots (about 5 large), peeled, coarsely grated
4 tbsp chopped fresh dill, divided

Preparation

Roll up grated zucchini in large kitchen towel; press to dry. Heat oil in large deep skillet over high heat. Add 1 cup green onions and sauté 30 seconds. Add zucchini, carrots, and 2 tablespoons dill. Sauté until vegetables are just tender, tossing often, about 8 minutes. Mix in remaining 1/2 cup green onions and 2 tablespoons dill. Season to taste with salt and pepper.

Broccoli Rabe with Melted Garlic

Featured in Bon Appétit magazine, November 2004

Ingredients

1/2 c extra virgin olive oil
10 large garlic cloves, peeled, thinly sliced
1 tsp dried, crushed red pepper
2 lbs broccoli rabe (rapini), thick stems trimmed

Preparation

Heat olive oil in small saucepan over low heat. Add garlic and simmer until garlic is very tender, about 10 minutes (do not brown). Remove from heat; stir in dried crushed red pepper. (Melted garlic can be made 1 day ahead. Cover and chill. Rewarm before continuing.)

Cook broccoli rabe in very large pot of boiling salted water until tender, about 5 minutes. Drain well. Toss with melted garlic and oil. Season to taste with salt and pepper.