

September 11, 2008



The

PolyHarvester

Volume 4, Cycle 4

www.polycsa.org

CSA Week 4 of 12

Back Page

Recipes for:

-Dandelion-
-Garlic Dressing-

Veggie of the Week

-Dandelion-

This Week's Harvest:

- Pears (double share of two varieties)
- Roasted Anaheim Chiles
- Herbs
- Okra
- Greens Mix
- Squash
- Farmer's Choice

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

- Basil
- Oregano
- Mint
- Dandelion

Major Sustainability Event!

Hello PolyHarvesters! On September 26th, representatives from the ASU's Global Institute of Sustainability and the School of Sustainability will be visiting the Polytechnic campus to discuss both ASU's 'green' initiatives as well as how Polytechnic can be more involved. Mark your calendars! Time and place to be determined, but I'll keep you updated!



Questions?

Contact your CSA
coordinator,
Dr. Chris Wharton:
Christopher.wharton@asu.edu

The PolyHarvester Recipiece



Dandelion

You might wonder about the origin of the dandelion's name. Etymologist's best guess is that it comes from comparisons of 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.

Warm Dandelion Greens with Roasted Garlic Dressing

From Eating Well Magazine, March/April 2008

Ingredients

6 cups bite-size pieces dandelion greens or spinach (about 1 bunch), tough stems removed
Roasted Garlic Dressing (recipe follows)
1 medium shallot, finely chopped
1/4 cup pine nuts, toasted (see Tip)
2 ounces goat cheese, crumbled
Freshly ground pepper to taste

Preparation

Place dandelion greens (or spinach) in a large salad bowl. Heat Roasted Garlic Dressing in a small saucepan over medium heat until warm, 1 to 2 minutes. Add shallot and simmer until the shallot is softened, 3 to 5 minutes. Pour the warm dressing over the greens and toss until they are wilted and coated. Add pine nuts and goat cheese and toss again, slightly melting the cheese with the warm greens. Season with pepper.

Roasted Garlic Dressing

From Eating Well Magazine, March/April 2008

Ingredients

1 large head or 2 small heads garlic
4 tablespoons extra-virgin olive oil, divided
2 tablespoons balsamic or red-wine vinegar
1 tablespoon lime juice
1/8 teaspoon salt
Freshly ground pepper to taste

Preparation

Preheat oven to 400°F. Rub off the excess papery skin from garlic without separating the cloves. Slice the tips off the head (or heads), exposing the ends of the cloves. Place the garlic on a piece of foil, drizzle with 1 tablespoon oil and wrap into a package. Put in a baking dish and bake until the garlic is very soft, 40 minutes to 1 hour. Unwrap and let cool slightly. Squeeze the garlic pulp into a blender or food processor (discard the skins). Add the remaining 3 tablespoons oil, vinegar, lime juice, salt and pepper and blend or process until smooth.