

March 27, 2008



The

PolyHarvester

Volume 4, Cycle 2

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Veggie of the Week

-Kohlrabi-

This Week's Harvest:

- Green Peas
- Kohlrabi
- Broccoli
- Carrots
- Fennel
- Spinach
- Oranges
- Collard Greens

Schlosser event:

For those of you planning to attend the Eric Schlosser event, it will happen Monday, March 31st, 10-11:30am, in ballroom C of the union at Polytechnic. We look forward to seeing you!



Questions?

Contact your CSA coordinator,

Dr. Chris Wharton:

Christopher.wharton@asu.edu

The PolyHarvester Recipiece



Kohlrabi

Kohlrabi is a strange looking vegetable closely related to, but very distinct from, cabbage, broccoli, cauliflower, rutabaga, collards, and kale. Kohlrabi is grown for the enlarged bulb-like swelling at the base of the leaves.

Peeled and eaten raw, kohlrabi tastes like a combination of mild turnip and sweet apple. Some liken it to the heart of cabbage or a very sweet turnip with celery or nutty overtones. The leaves can be eaten like spinach, and because the whole vegetable is so odd-looking, it often is a favorite of children!

Kohlrabi and Carrots

Find this recipe and others at: <http://www.recipezaar.com/10554>

Ingredients

- 1 medium kohlrabi, chopped into 3/4 in. cubes
- 4 large carrots, cut into chunks to match the kohlrabi
- 1/4 tsp nutmeg
- 1 tbsp butter, salt and pepper to taste

Preparation

Boil kohlrabi and carrots in lightly salted water until very tender, about 15-20 minutes. Drain and then mash vegetables. Add nutmeg and butter and mix in. Serve.

Spinach Salad with Orange and Avocado

Find this recipe at: <http://www.epicurious.com/recipes/food/views/241325>

Ingredients

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

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 crosswise in half. Add spinach to dressing; toss to coat. Add avocado and orange; toss gently.