

June 19, 2008



The

PolyHarvester

Volume 4, Cycle 3

www.polycsa.org

CSA Week 4 of 12

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Recipes for:

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-Tomatillos-

Veggie of the Week

-Verdolaga-

This Week's Harvest:

- Melons (choose only one from three varieties)
- Red Potatoes (4 each)
- Onions (3 each)
- Tomatillos (1 basket)
- Cucumber (1 each)
- Valencia Oranges (4 each)
- Tomatoes (1 basket)
- Verdolaga (1 bunch)

Time change for this week only!

CSA members: This Thursday's pick-up will be between 4:30-6:30pm, NOT 4:45-6:45pm. This time change affects this week only!!



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

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The PolyHarvester Recipiece



Verdolaga

Verdolaga is a popular green in Latin American and European countries. It has a taste and consistency similar to that of watercress. Depending on the perception of the plant, it can be considered a vegetable, an herb, or even a weed.

Though the little leafy green is quite versatile (it can be used fresh in salads, cooked as a side dish, or added as an herb to dishes for flavor), it has not always been looked upon so favorably. Centuries ago, it was considered in some places to be fit only for hog feed. As such, it carries with it the unfortunate nicknames 'pigweed' and 'little hogweed.'

Melon Frenzy

Adapted from allrecipes.com, 2008

Ingredients

1 melon of your choice, peeled, seeded, and cubed
3 tbsp sugar, or to taste
2 cups ice cubes

Preparation

Place melon cubes and ice in a blender. Process until ice is in small pieces. Add the sugar and puree. Pour into a small glass, add a cube or two of fresh melon, and serve immediately. Perfect for a hot summer afternoon!

Roasted Tomatillo Salsa

From Gourmet, November 1999

Ingredients

1.5 lbs fresh tomatillos
5 fresh Serrano chiles
3 garlic cloves, unpeeled
1/2 cup fresh cilantro
1 large onion, coarsely chopped
2 tsp coarse salt

Preparation

Prepare broiler.

Remove tomatillo husks and rinse under warm water to remove stickiness. Broil chiles, garlic, and fresh tomatillos on rack of a broiler pan 1 to 2 inches from heat, turning once, until tomatillos are softened and slightly charred, about 7 minutes.

Peel garlic and pull off tops of chiles. Purée all ingredients in a blender.