



# The

# PolyHarvester

Volume 4, Cycle 5

[www.polycsa.org](http://www.polycsa.org)

CSA Week 4 of 12

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**Recipes for:**

*-Greens, greens,  
greens!-*

**Veggie of the Week**

*-Braising Mix-*

## *This Week's Harvest:*

- Spring Mix
- Chinese cabbage
- Beets
- Kale
- Tatsoi
- Bok choy
- Braising mix
- Farmer's choice

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## News and Updates

Hello PolyHarvesters. The end of the semester is approaching fast, but remember that our CSA will continue through the break (for those of you here on campus). Remember, however, that we will NOT have deliveries the weeks of Christmas and New Year's.

Also, I am hard at work developing a discussion board associated with our website. A basic version exists right now, and you are free to begin posting there. Feel free to share recipes, or discuss storage methods, composting, and other issues at [www.polycsa.org/vanilla](http://www.polycsa.org/vanilla).



### Questions?

Contact your CSA  
coordinator,  
Dr. Chris Wharton:  
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# The PolyHarvester Recipiece

## Mess o' Greens Salad with Pecan Dressing

*From [www.seasonalchef.com](http://www.seasonalchef.com)*

### Ingredients

6 cups fresh kale, cabbage, tatsoi, etc.  
2 T balsamic vinegar  
2 tsp. honey  
1 T Dijon mustard  
2 tsp. vegetable oil  
½ cup pecans, roughly chopped or broken

### Preparation

Wash greens well, dry thoroughly, then remove and discard the long stems. Tear the greens into salad-size pieces and place in a large bowl. In a small bowl, combine the vinegar, honey and mustard. Set aside. Heat the oil in a small skillet until hot but not smoking. Add the vinegar mixture and pecans and cook, stirring regularly, for 2 to 3 minutes. Pour over the greens and serve at once.

## Braising Mix

Sadly, dark leafy greens just don't get the respect they deserve. They're full of vitamins and minerals (in particular, potassium, which Americans chronically underconsume), they can add a tasty bite to many a recipe, and they can add beautiful color to enhance the aesthetics of main dishes.

Braising greens often are not considered the most exciting item in a CSA share due to their, shall we say, assertive flavor. But, it's possible to put some glamour into those greens. Braising refers to a cooking method in which tough cuts of meat or vegetables are submerged in liquid and slowly simmered until tender. Most greens, however, need only a brief saute with a little extra virgin olive oil and garlic to render them tender and delicious. Check out the recipes to the right to learn how to make use of your multiple greens this week!

## Pasta with Dark Greens

*From [www.seasonalchef.com](http://www.seasonalchef.com)*

### Ingredients

2 pounds broccoli raab, tatsoi, kale, beet greens, bok choy, braising mix, etc.  
Kosher salt  
1 pound orechiette, penne or other pasta  
¼ cup extra-virgin olive oil  
4 cloves garlic, chopped  
2 chopped vegetarian sausages  
Pinch dried red pepper flakes, or to taste  
Freshly ground pepper and salt

### Preparation

In a large pot, bring 2 to 3 quarts of water to a boil. While the water heats, trim the greens and wash them well. Cut the greens crosswise into 1-inch pieces or strips. When the water comes to a boil, add 1 tablespoon of salt. Toss the greens into the boiling water; cook until they are almost tender but still bright green, 8 to 10 minutes. (The time will vary somewhat depending on what kind of greens you use.) With a slotted spoon, remove greens from the pot and toss into a large bowl of cold water. Add pasta to the pot of water in which the greens were cooked. While the pasta cooks, squeeze the greens to remove as much water as possible. Fluff the greens, then set aside. In a large skillet, heat olive oil over medium-high heat. Add garlic and chopped sausages; cook until garlic begins to color. Add pepper flakes. When the pasta is almost done, add drained greens to the pan and cook together for 2 minutes, stirring constantly. Remove pan from the heat. Drain the pasta and add to cooked greens; toss well. Season to taste with pepper and salt. Serve immediately with a loaf of thick-crust, whole-grain bread.