

June 26, 2008



The

PolyHarvester

Volume 5, Cycle 3

www.polycsa.org

CSA Week 5 of 12

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Recipes for:

-Red Potatoes-

-Tomatillos-

Veggie of the Week

-Tomatillos-

This Week's Harvest:

- Melons (choose only one)
- Red Potatoes (3 each)
- Red Onions (4 each)
- Tomatillos (1 basket)
- Cucumbers (2 each)
- Valencia Oranges (3 each)
- Verdolaga (1 bunch)
- Farmer's Choice

Send Suggestions My Way!

CSA members: If you have suggestions for events, ideas for the CSA, or recipes you'd like published on the website, contact your CSA coordinator at the email address in the lower left hand corner.



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

Christopher.wharton@asu.edu

The PolyHarvester Recipiece



Tomatillo

The tomatillo, or husk tomato, is a little-known or utilized vegetable in this country. It is, however, important in authentic Mexican cooking, and is best known for its central role in a delicious salsa verde.

Tomatillos thrive in hot humid weather and are relatives of the tomato, pepper, and eggplant. If the heat of the summer is adequate, the tomatillo plant will expand rapidly, blossom, and produce large amounts of fruit.

Storage of the tomatillo is easy: store at room temperature, with husks on, for up to two weeks. For longer-term storage, refrigerate in husks, but not in a plastic bag.

-From the Madison Area CSA Coalition.

Mackwell Mustard Potato Salad

From Kelsey Kidd and Chris Wharton

Ingredients

- 8 red potatoes
- 1 cup chopped cucumber
- 1/2 cup chopped dill pickle
- 1/4 cup yellow mustard
- 1/4 cup spicy brown mustard
- 1/2 cup mayonnaise or Miracle Whip

Preparation

Quarter potatoes and boil until fork-tender. Rinse and drain. Chop into large chunks and let cool in refrigerator. Once cool, combine with cucumber, pickles, mustards, and mayo. Mix thoroughly, add salt and pepper to taste, and serve.

Tropical Tomatillo Banana Salsa

From the Madison Area CSA Coalition

Ingredients

- 1/2 pound tomatillos
- 2-3 fresh Serrano chiles, seeded and minced
- 3-4 tbsp minced green onion
- 1-2 tsp minced garlic
- 3 tbsp chopped cilantro
- 2 tbsp lime juice
- 1 medium banana

Preparation

Husk the tomatillos, wash them, and cut out the cores. Finely chop the flesh and place it in a bowl. Stir in the chiles, green onion, garlic, cilantro, and lime juice. Mash or finely chop the banana, then stir it into the salsa. Season with salt and pepper to taste. Serve with plantain chips or tortilla chips, or use as a sauce to top grilled fish. Makes about 2 cups.