

December 11th, 2008



The

PolyHarvester

Volume 5, Cycle 5

www.polycsa.org

CSA Week 5 of 12

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Recipes for:

-Spinach, onions-

Veggie of the Week

-Rapini-

This Week's Harvest:

- Spring mix
- White turnips
- Collard greens
- Spaghetti squash
- Spinach
- Onions
- Rapini
- Escarole

News and Updates

Hello PolyHarvesters. 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.



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

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The PolyHarvester Recipiece



Rapini

Rapini is a Brassica plant, and the Brassica species is quite interesting (from my perspective). In the world of nutrition science, there exists a large body of literature probing the biochemical depths of Brassica vegetables. The reason for so much research on these plants is that they contain compounds called glucosinolates. When eaten, these heftily-named molecules can be converted to compounds that help protect the lucky digester from some cancers.

So, the next time you're at a party and wanting to impress all your veggie-minded friends, mention that you enjoy Brassicas as much for their culinary versatility as for their joyful abundance of glucosinolates. I promise, everyone will be talking about you later.

Quinoa Salad with Dried Apricots and Spinach

From Eating Well Magazine, Summer 2003

Ingredients

1 cup quinoa
2 teaspoons extra-virgin olive oil
2 cloves garlic, minced
1/2 cup dried apricots, coarsely chopped
2 cups water
1/4 teaspoon salt
2/3 cup Moroccan-Spiced Lemon Dressing (recipe follows), divided
1 cup cherry tomatoes or grape tomatoes, halved
1 small red onion, chopped
8 cups baby spinach
1/4 cup sliced almonds, toasted

Preparation

Toast quinoa in a dry skillet over medium heat, stirring often, until it becomes aromatic and begins to crackle, about 5 minutes. Transfer to a fine sieve and rinse thoroughly. Heat oil in a medium saucepan over medium heat. Add garlic and cook, stirring constantly, until golden, about 1 minute. Add apricots and the quinoa; continue cooking, stirring often, until the quinoa has dried out and turned light golden, 3 to 4 minutes. Add water and salt; bring to a boil. Reduce heat to medium-low and simmer, uncovered, until the quinoa is tender and the liquid is absorbed, 15 to 18 minutes. Meanwhile, make Moroccan-Spiced Lemon Dressing. Transfer the quinoa to a medium bowl and toss with 1/3 cup of the dressing. Let cool for 10 minutes. Just before serving, add tomatoes and onion to the quinoa; toss to coat. Toss spinach with the remaining 1/3 cup dressing in a large bowl. Divide the spinach among 4 plates. Mound the quinoa salad on the spinach and sprinkle with almonds.

Moroccan-Spiced Lemon Dressing

From Eating Well Magazine, Summer 2003

Ingredients

1/4 cup lemon juice
2 tablespoons nonfat plain yogurt
1 1/2 teaspoons honey
1/4 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 cup extra-virgin olive oil
1/4 teaspoon salt, or to taste
Freshly ground pepper to taste

Preparation

Whisk lemon juice, yogurt, honey, cumin, cinnamon and ginger in a small bowl until blended. Slowly whisk in oil so that the dressing becomes smooth and emulsified. Season with salt and pepper.