

February 28, 2008



The

PolyHarvester

Volume 6, Cycle 1

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Recipes for:

-Cauliflower-

-Beets-

Veggie of the Week:

-Bok Choy-

This Week's Harvest:

- **Mizuna** - use in salads, stir-fry, soup, sauté with soy sauce and garlic
- **Arugula** - use in salads, steam or sauté in a few drops of olive oil and add to pasta, use a food processor to blend into a pesto
- **Cauliflower** - use in salads, boil, steam, or roast
- **Purple Bok Choy** - munch on raw, add to stir-fry, or sauté
- **Spinach** - use in salads, soups, sandwiches, sauté and add to pasta
- **Beets** - grate for salad garnish, steam and marinate in lemon juice, olive oil, and herbs, sauté with mizuna
- **Citrus** - garnish salad, yogurt, or make juice, enjoy plain
- **Farmer's Choice**



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

Christopher.wharton@asu.edu

New Options for Spring Deliveries!

Now's the time to sign up for the spring round.

Email us for a contract at:

Christopher.Wharton@asu.edu

The PolyHarvester Recipiece



Bok Choy

Bok choy is a leafy green that has been harvested in Asia for centuries. A relative of cabbage and broccoli from the Brassica family, bok choy is high in calcium, potassium, and Vitamin A. The leaves and most of the stem are completely edible so enjoy raw, in stir-fry or sautéed.

Look up the nutritional content of any food on the USDA National Nutrient Database at:

<http://www.nal.usda.gov/fnic/foodcomp/search/>

Roasted Cauliflower

Found at www.whatscookingamerica.com

Ingredients

- 1 medium head cauliflower
- 1 teaspoon sesame oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper

Preparation

Preheat oven to 400°F. Rinse cauliflower; cut into quarters. Cut off and discard leaves and cores; cut quarters into 1/4- to 1/2-inch-thick slices.

In a large bowl or resealable plastic bag, mix together cauliflower slices, sesame oil, salt, and pepper. Spread in a single layer in a non-stick baking dish or rimmed baking sheet. Bake approximately 20 to 25 minutes, turning every 10 minutes, or until cauliflower is browned or caramelized on edges and tender. Remove from oven and serve warm or at room temperature.

Makes 2 servings

Beets in Orange Sauce

Featured in Bon Appetit magazine, February 1996

Ingredients

- 4 large beets, trimmed
- 1 cup orange juice
- 2 tablespoons sugar
- 2 tablespoons (1/4 stick) butter
- 1 tablespoon minced orange peel (orange part only)
- 2 teaspoon red wine vinegar

Preparation

Preheat oven to 400°F. Wrap 2 beets together in foil. Repeat with remaining beets. Place on baking sheet. Bake until tender, about 1 hour 15 minutes. Cool. Peel beets. Cut each into 8 wedges.

Combine beets and remaining ingredients in medium nonaluminum saucepan. Simmer over medium heat until sauce is syrupy, stirring often, about 8 minutes. Season with salt and pepper.

(Can be made 1 day ahead. Chill. Rewarm over low heat, stirring often.) Serve hot.