

April 10, 2008



The

PolyHarvester

Volume 6, Cycle 2

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This Week's Harvest:

- Citrus
- Purple Cabbage
- Green Peas
- Red Onions
- Carrots
- Purple Kohlrabi
- Endive
- Beets

Movie Night Tonight!

CSA members are invited to attend a community movie night! Joni Adamson and the PolyHarvest CSA will be presenting *The Real Dirt on Farmer John*, the story of one of the pioneers of community supported agriculture and organic farming! *The Real Dirt on Farmer John* will be shown tonight, April 10th at 7 p.m., right after CSA pickup in the Union, Ballroom C.



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

Christopher.wharton@asu.edu

The PolyHarvester Recipiece



Endive

Endive is a common salad green, also sometimes called escarole. It is the bud of the chicory root. The crunchy, slightly bitter leaves are often used to make hors d'oeuvres, but they can also be chopped and added to salads, or braised to make an exquisite (and expensive) side dish. Endive is high in potassium, fiber, vitamin E, vitamin A, folate, vitamin K and many other important nutrients.

See the nutrient profile of any food at www.nutritiondata.com

Endive, Walnut, and Gorgonzola Salad

Ingredients

3 heads Endive
2 cups other green (such as spinach or arugula)
1 large apple, cored, quartered, thinly sliced
1/2 cup coarsely chopped walnuts
1/3 cup gorgonzola or bleu cheese, crumbled
Balsamic vinaigrette dressing, to taste

Preparation

Mix all ingredients, toss, and enjoy!

Cabbage and Bacon Mashed Potatoes

Gourmet, March 1997

Ingredients

3 bacon slices, chopped
1 1/4 pounds cabbage (about 1/2 small head), cut into 1/2-inch pieces
1/2 cup water
Basic mashed potatoes

Preparation

In a large skillet cook bacon over moderate heat until crisp and with a slotted spoon transfer to paper towels to drain. Add cabbage to bacon fat in skillet and cook, stirring occasionally, until golden, about 5 minutes. Add water and simmer until evaporated and cabbage is tender. Add bacon and season with salt and pepper. Stir mixture into potatoes.

Roasted Beet Salad with Beet Greens and Feta

Bon Appetit, March 1997

Good cooks never discard the nutritious beet greens. Here, the greens are combined with roasted beets and feta in a Greek-inspired salad.

Ingredients

4 Large beets, with greens
3/4 cup water
1/2 cup crumbled feta
Salad dressing, to taste

Preparation

Preheat oven to 375°F. Cut green tops off beets; reserve tops. Arrange beets in single layer in 13x9x2-inch baking dish; add water. Cover; bake until beets are tender when pierced with knife, about 1 hour 10 minutes. Peel beets while warm. Cut beets in half and slice thinly. Transfer to large bowl. Mix in dressing. Season with salt and pepper. Cut stems off beet greens; discard stems. Wash greens. Transfer greens, with some water still clinging to leaves, to large pot. Stir over high heat until just wilted but still bright green, about 4 minutes. Drain greens; squeeze out excess moisture. Cool; chop coarsely. Transfer all ingredients to medium bowl and toss. Enjoy!