

July 3, 2008



The

PolyHarvester

Volume 6, Cycle 3

www.polycsa.org

CSA Week 6 of 12

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Recipes for:

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-Tomatillos-

Veggie of the Week

-Corn-

This Week's Harvest:

- Melons (choose only one)
- Red Potatoes (7 each)
- White Onions (1 basket)
- Tomatillos (1 basket)
- Cucumber (2 each)
- Squash (TBA)
- Tomatoes (1 basket)
- Corn (3 ears)

We're moving inside!

CSA members: Given the intense heat we've been experiencing lately, the CSA will be moving inside the Union. We will be in the same spot as last week (just inside the doors, on the west side of the building). Make sure to look for us there!



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

Christopher.wharton@asu.edu

The PolyHarvester Recipiece



Corn

So, is corn evil? It would seem possible, given the attention it's been paid in the media in relation to its processed products (like high-fructose corn syrup, or HFCS) and its relationship to food prices and energy.

In fact, corn is not evil, but it has become the most politicized vegetable since Bush maligned broccoli. It is cheap and easy to produce HFCS from corn, so most food companies use this sweetener in their products (like soft drinks). And, the ethanol-for-fuel market is growing, making it potentially more profitable to grow corn for ethanol production instead of for food. It's simplistic to say HFCS causes obesity or corn-for-ethanol causes food price inflation. Even so, we all should start thinking more about policies behind corn and other foods. Go here for more info:
www.nytimes.com/2006/01/16/national/16ethanol.html.

Grilled Corn and Rosemary

From Chris Wharton

Ingredients

3 ears corn with husks still on
3 tbsp butter or healthy spread, such as Smart Balance
4-5 sprigs Rosemary (look around your neighborhood; these plants are often used in landscaping!)

Preparation

Husk the ears of corn, but leave at least a double layer of husks. Heat grill to medium to medium-high. Place corn directly on the grill and cook for about 10 minutes, turning every 2 minutes. In the meantime, pull rosemary leaves from the sprigs, dice coarsely, and cook with butter or spread in a pan over medium heat for 2-3 minutes.

Remove corn from grill and finish husking. Brush rosemary butter or spread over corn and serve.

Roasted Tomatillo Salsa

From Gourmet, November 1999

Ingredients

1.5 lbs fresh tomatillos
5 fresh Serrano chiles
3 garlic cloves, unpeeled
1/2 cup fresh cilantro
1 large onion, coarsely chopped
2 tsp coarse salt

Preparation

Prepare broiler.

Remove tomatillo husks and rinse under warm water to remove stickiness. Broil chiles, garlic, and fresh tomatillos on rack of a broiler pan 1 to 2 inches from heat, turning once, until tomatillos are softened and slightly charred, about 7 minutes.

Peel garlic and pull off tops of chiles. Purée all ingredients in a blender.