

April 17, 2008



The

PolyHarvester

Volume 7, Cycle 2

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Veggie of the Week

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This Week's Harvest:

- Grapefruit
- Carrots
- Green Peas
- Spinach
- Spring Mix
- Baby Leeks
- Beets
- Farmer's Choice

Cooking Demo!

CSA members are invited to attend a cooking demonstration led by Alicia Popple, chef at Queen Creek Olive Mill. The event will happen on the south patio of the Union, from 5:30-7:30pm, Tuesday, April 22nd. Space is limited, so if you are interested, contact Kristen Rasmussen at Rasmussen-Kristen@aramark.com.



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

Christopher.wharton@asu.edu

The PolyHarvester Recipiece



Beets

Beets. They find themselves each week, languishing with other beet castaways in the trading share pile. Their estrangement, however, is undeserved, and here's why:

They are good sources of fiber, folate, and potassium. When cooked, they become a soft and buttery treat. And despite the general reticence of most veggie lovers to prepare them, their popularity is growing. Don't believe me? Check out this NPR story on beets:

<http://www.npr.org/templates/story/story.php?storyId=5409889>

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

Roasted Beet Salad with Walnuts and Goat Cheese

From www.epicurean.com, 2008

Ingredients

- 1/4 c walnut halves
- 2 tsp olive oil
- 3 medium beets
- 1/4 tsp sugar
- 1/4 cup thinly sliced red onions
- 2 oz goat cheese, crumbled
- 4 c spinach
- 1 tbsp red wine vinegar
- Salt and pepper to taste

Preparation

Coat walnuts with olive oil, salt and pepper. At 350 degrees F, toast walnuts for 7-10 minutes. Next, wrap trimmed beets in foil and bake at the same temperature for about 1.5 hours. Let cool.

Peel beets, then cut into 1/2 inch wedges. Mix with walnuts and onions. Next, combine olive oil, red wine vinegar, salt, pepper, and sugar, then pour over beet mixture. Toss and let sit. Finally, pour over spinach leaves and top with goat cheese.

Beet Tumblewee

NPR.org, 2006

Ingredients

- 1 medium beet
- 3 c vegetable oil
- Kosher salt

Preparation

Preheat the oven to 350 degrees F. Peel beet and cut off ends. Slice into thin strings using Japanese Benriner cutter or pressing hard with a zester. Measure strings into 1/3-ounce portions, a little less than a tablespoon. Place a single portion of string into hot oil for 8 seconds. Remove from oil, quickly place on towel to drain and salt liberally. Within 5 seconds after leaving oil, work hot string between the palms of your hands until it hardens into a ball the size of a ping-pong. You may have to try several times to get the proper shape. Repeat process until you have used all the beet strings.

Serve as a snack or as a little bite before the meal begins.