

July 10, 2008



The

PolyHarvester

Volume 7, Cycle 3

www.polycsa.org

CSA Week 7 of 12

Back Page

Recipes for:

-Eggplant-

Veggie of the Week

-Eggplant-

This Week's Harvest:

- Melons (choose only one)
- Corn (3 ears)
- White Onions (1 basket)
- Eggplant (1 bag)
- Butternut Squash (1 each)
- Green Beans (1 bag)
- Okra (1 bag)
- Grapefruit (2 each)



Questions?

Contact your CSA
coordinator,

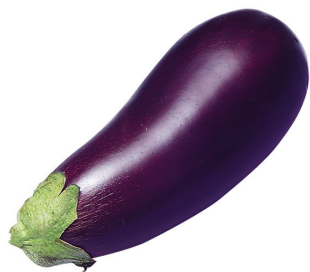
Dr. Chris Wharton:

Christopher.wharton@asu.edu

We're inside the Union!

CSA members: Given the intense heat we've been experiencing lately, the CSA is now 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!

The PolyHarvester Recipiece



Eggplant

You might be wondering why eggplant is called eggplant, given its large, bulbous, purple characteristics fail to resemble an egg! Well, your CSA coordinator/food geek/pseudo-food historian has the answer:

Centuries ago, eggplant as cultivated in the Western world (it is native to India and was cultivated originally throughout Asia), was white or yellow and resembled a goose egg. Of course, the large, deep purple cultivar came to be preferred here in the States, hence we now have something of an historical misnomer. Of course, as time goes on, words become cemented to that which they describe, whether or not they make much sense.

Grilled Pizza with Eggplant, Tomato, and Feta

From Eating Well Magazine, July/August 1996

Ingredients

1 pound Whole-Wheat Pizza Dough (recipe follows) other prepared dough
1 large eggplant (about 1 1/4 pounds), trimmed and cut into 1/2-inch-thick slices
2 tablespoons extra-virgin olive oil, divided
Salt & freshly ground pepper to taste
2 large vine-ripened tomatoes, seeded and roughly chopped (about 2 cups)
1/3 cup crumbled feta cheese (about 2 ounces)
4 tablespoons chopped fresh mint, divided

Preparation

1. Prepare Whole-Wheat Pizza Dough, if using. To cook pizzas on a charcoal grill, build a medium-hot fire in one half of the grill (two bricks placed end-to-end work well as a divider). For a gas grill with two burners, preheat one burner on high, leaving the other unlit. For a single-burner gas grill, preheat on high, and lower the flame to cook the second side of the pizzas.
2. Toss eggplant slices with 1 tablespoon oil in a large bowl. Sprinkle the slices with salt and pepper and grill, turning often, until tender, about 8 minutes. Let cool; chop coarsely.
3. Combine the chopped eggplant with tomatoes, feta cheese, 2 tablespoons mint and the remaining 1 tablespoon oil in a mixing bowl. Season with salt and pepper.
4. Roll out the pizza dough into 4 circles and place on a floured cutting board. Bring the dough, toppings and a pair of tongs to grillside.
5. Place 2 of the dough circles on the hot side of the grill. Within 1 minute the dough will puff slightly, and the underside will firm up and be striped with grill marks. Use tongs to flip the crusts over and onto the cooler side of the grill.
6. Distribute half of the eggplant mixture on the crusts after turning. Cover the grill and cook, rotating the pizzas once or twice, until the toppings are heated through, about 5 minutes.
5. Remove the pizzas from the grill. Repeat Steps 5 and 6 with the remaining dough and toppings. Just before serving, scatter the remaining 2 tablespoons mint over the pizzas.