

October 9th, 2008



# The

# PolyHarvester

Volume 8, Cycle 4

[www.polycsa.org](http://www.polycsa.org)

CSA Week 8 of 12

## Back Page

Recipes for:

*-Basil-*

**Veggie of the Week**

*-Butternut Squash-*

## *This Week's Harvest:*

- Pears
- Roasted Anaheim Chiles
- Mizzuna
- Tomatoes
- Arugula
- Butternut Squash
- Basil
- Farmers' Choice

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## Event Ideas Welcome!

Hello PolyHarvesters! I've gotten a few suggestions for CSA events, but keep them coming. In the meantime, spread the word about your CSA. Get your friends and neighbors involved!



## Questions?

Contact your CSA  
coordinator,  
Dr. Chris Wharton:  
[Christopher.wharton@asu.edu](mailto:Christopher.wharton@asu.edu)

# The PolyHarvester Recipiece



## Butternut Squash

If you're like me, which you're probably not, you're wondering why squashes are called 'squash,' since they really don't seem very squashed at all.

Well, I indulged my etymologically inclined dorkitude and looked it up. In fact, the term 'squash' is derived from the Algonquian term, 'askutasquash,' which is a combination of the terms, 'askut,' which means "green, raw," and 'asquash,' meaning "eaten."

'Butternut squash' gets its name in an etymologically less complicated way. It's got a nutty, buttery kinda flavor. So there you have it.

## Roasted Corn with Basil-Shallot Vinaigrette

*From Eating Well Magazine, June/July 2006*

### Ingredients

3 cups fresh corn kernels  
2 tablespoons extra-virgin olive oil  
1/4 cup chopped fresh basil  
1 tablespoon minced shallot  
1 tablespoon red-wine vinegar  
1/4 teaspoon salt  
Freshly ground pepper to taste

### Preparation

Preheat oven to 450°F. Toss corn and oil to coat and spread out on a large baking sheet. Bake, stirring once, until some kernels begin to brown, about 20 minutes. Combine basil, shallot, vinegar, salt and pepper in a medium bowl. Add the corn; toss to coat. Serve warm or cold.

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## Lemon-Basil Vinaigrette Corn Topper

*From [www.eatingwell.com](http://www.eatingwell.com)*

### Ingredients

1 tablespoon lemon juice  
2 teaspoons extra-virgin olive oil  
2 teaspoons minced fresh basil  
Salt & freshly ground pepper to taste

### Preparation

Whisk lemon juice, oil and basil in a small bowl. Season with salt and pepper. Brush over hot corn.