

April 24, 2008



The

PolyHarvester

Volume 8, Cycle 2

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Veggie of the Week

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This Week's Harvest:

- Grapefruit
- Carrots
- Green Peas
- Chives
- Red Potatoes
- Green onions
- Fennel
- Farmer's Choice

Sign up for the Summer!

Keep the produce coming. The PolyHarvest CSA is now accepting members for the summer session. Check the PolyHarvest CSA website for the summer session contract, or email Chris at christopher.wharton@asu.edu.



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

Christopher.wharton@asu.edu

The PolyHarvester Recipiece



Fennel

Fennel enjoys an exciting etymological history. The word derives from the Latin ‘feruca,’ which itself is likely related to ‘festuca,’ meaning stalk, straw, or rod. OK, that’s not actually that exciting. But fennel itself truly is!

One cup of fennel is a good source of both vitamin C and fiber. The plant also contains a fair number of flavonoids, which are antioxidant compounds that might help stave off disease. In particular, fennel contains quercetin, rutin, and kaempferol, all well-studied flavonoids that might play a particular role in defense against cancer.

For more information on fennel, please visit: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=23>.

Roasted Fennel

From www.elise.com/recipes, 2006

Ingredients

2 fennel bulbs (thick base of stalk), stalks cut off, bulbs sliced
1 tbsp olive oil
1 tbsp balsamic vinegar

Preparation

Preheat oven to 400 degrees. Rub just enough olive oil over the fennel to coat. Sprinkle on some balsamic vinegar, also to coat. Line baking dish with silpat or aluminum foil. Lay out piece of fennel and roast for 15-20 minutes, until the fennel is cooked through and beginning to caramelize.

Baked Fennel with Parmesan

From Allrecipes.com, 2006

Ingredients

2 fennel bulbs
1 tbsp butter
3/4 c half and half cream
3/4 c creme fraiche
1/4 c grated Parmesan cheese

Preparation

Preheat the oven to 400 degrees F. Cut the base off of the fennel bulbs, and cut a cone shape into the base to remove the core. You can see the core because it is whiter than the surrounding green. This is optional, but helps the fennel cook faster. Slice the fennel vertically (upright) into 1/4 inch thick slices. Melt the butter in a large skillet over medium heat. Add the fennel, and fry for about 5 minutes. Stir in the half-and-half and creme fraiche until well blended. Transfer to a shallow baking dish. Sprinkle Parmesan cheese over the top. Bake for 30 minutes in the preheated oven, or until the top is golden brown and the fennel is tender enough to pierce with a fork.