

October 16th, 2008



The

PolyHarvester

Volume 9, Cycle 4

www.polycsa.org

CSA Week 9 of 12

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Recipes for:

-Kale-

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Veggie of the Week

-Turnips-

This Week's Harvest:

- Onions (2 ea)
- Anaheim Chiles (5 ea)
- Purple Mustard (1 bunch)
- Kale (1 bunch)
- Turnip Greens (1 bag)
- Butternut Squash (1 ea)
- Turnips (1 bunch)
- Farmers' Choice

Campus Sustainability Day

Hello PolyHarvesters! On October 22nd, the Polytechnic campus will be celebrating Campus Sustainability Day from 10am to 2pm. Food will be available, so please bring a reusable fork and plate. If you are interested in joining us for this event, please let me know!



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

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The PolyHarvester Recipiece



Turnips

The term ‘turnip’ originated at some point during the 1500’s, and it likely is a combination of the words, “turn” (due to its shape, as if turned or spun on a lathe), and “napus” (one of the genus of Brassica plants). Intriguing, I know.

Although its history of cultivation is a relative mystery, Pliny the Elder did write effusively about the turnip, giving us some insight into its early use as well as Pliny’s apparent lack of a social life. He suggested that the turnip was perhaps the most important vegetable of his time, rating it “directly after cereals or at all events after the bean, since its utility surpasses that of any other plant.”

Southern Kale

From Eating Well Magazine, October/November 2006

Ingredients

- 2 teaspoons extra-virgin olive oil
- 2 teaspoons minced garlic
- 2 ounces country ham (see Note), pancetta or prosciutto, diced (about 1/2 cup)
- 15 cups stemmed, torn and rinsed kale (1-2 bunches)
- 2 cups water
- 1/4 teaspoon crushed red pepper

Preparation

Heat oil in a wide deep skillet over medium-high heat. Add garlic, stir, and immediately add ham (or pancetta or prosciutto). Add kale by the handful, stirring to make room for more leaves. When all the kale has been added, add water and crushed red pepper; stir to combine. Bring to a simmer, cover and cook, stirring occasionally, for 15 minutes. Uncover and continue to simmer, stirring occasionally, until most of the water has evaporated and the kale is tender, 10 to 15 minutes more. Serve warm.

Roasted Root Vegetables with Chermoula

From Eating Well Magazine, September/October 2008

Ingredients

- 1/4 cup extra-virgin olive oil
- 3 cloves garlic, minced
- 2 teaspoons paprika, preferably sweet Hungarian
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1 medium baking potato, peeled and cut into 1-inch chunks
- 1 medium sweet potato, peeled and cut into 1-inch chunks
- 1 medium turnip, peeled and cut into 1-inch chunks
- 1 medium rutabaga, peeled and cut into 1-inch chunks
- 2 medium carrots, cut into 1/2-inch slices
- 8 ounces peeled and seeded butternut squash, cut into 1-inch chunks (see Shopping Tip)

Preparation

Preheat oven to 425°F. Place oil, garlic, paprika, cumin and salt in a food processor or blender and pulse or blend until smooth. Place potato, sweet potato, turnip, rutabaga, carrots and squash in a roasting pan large enough to accommodate the pieces in a single layer. Toss with the spiced oil mixture until well combined. Roast the vegetables, stirring once or twice, until tender, 45 to 50 minutes.