

May 1, 2008



The

PolyHarvester

Volume 9, Cycle 2

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Veggie of the Week

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This Week's Harvest:

- Baby zucchini
- Dried beans
- Red potatoes
- Beets
- Red onions
- Grapefruit
- Carrots
- Nopales (edible cactus)

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 Recipe



Nopales

Nopales are a vegetable made from the stem segments of prickly pear, and their use in southwestern cooking is becoming more common in American homes.

Nopales contain both insoluble and soluble dietary fibers. They are also rich in vitamins (especially vitamin A, vitamin C, and vitamin K, but also riboflavin and vitamin B6) and minerals (especially magnesium, potassium, and manganese, but also iron and copper). Although nopales also contain lots of calcium, the mineral isn't available to us because other elements in nopales (oxalates) disallow its absorption.

Ensalada de Nopalitos (Cactus Salad)

Ingredients

3 cups cooked nopales
 3 tbsp chopped white onion
 1/2 cup chopped cilantro
 1/2 tsp dried Mexican oregano
 2 tbsp fresh lime juice or vinegar
 3 tomatoes, sliced
 1/3 cup chopped cilantro
 1/3 cup crumbled queso fresco or añejo or Monterey jack cheese
 1/3 cup purple onion rings
 3 canned chiles jalapeños en escabeche, cut into quarters lengthwise
 1 avocado, peeled and sliced (optional)
 romaine lettuce for the side of the serving platter

Preparation

Put the prepared and cut up pieces in a pot with boiling, salted water. Cook for 15 to 20 minutes without a lid. When the leaf-pads are cooked, pour off the water and then rinse with cold water. The nopalitos can now be used in salads, stews or as a vegetable. Mix the nopalitos with the next four ingredients and set aside to season for 30 minutes. Stir well and adjust seasoning. Spread the nopalitos over the platter about 1 1/2 inches deep. Decorate with the tomatoes slices and top with cilantro, cheese, onion rings, chile strips, and slices of avocado (if used). Overlap the romaine leaves around the edges of the platter and serve at room temperature.

Cactus Chile

From www.rivenrock.com

Ingredients

2 lbs cleaned Nopales
 1 Onion -- diced 1/8" thick
 1/8 cup Corn Oil or Olive Oil
 2 jalapeno chilis
 2 Chili Serrano
 1/2 bulb garlic
 1 Cup Cilantro
 Salt to taste

Preparation

Clean and dice nopales. Chop onion into similar sized pieces and place in a large oiled skillet and begin to fry. Add garlic and chilis and salt. Cover and simmer until tender. Serve over diced and toasted tortillas or bed of rice.