



Chinese Cabbage

### Hints, Tips, and Ideas

1. Unpack your box immediately. This allows you to store and/or use your veggies when they are most fresh.
2. Always wash your veggies before you use them. Some might need multiple baths (i.e. lettuce). We do hydro-wash the veggies after harvest but some dirt can and will remain.
3. If any of your greens (lettuce mix, green mix, spinach, arugula, lettuce heads, etc.) are a little wilted when you open your box, do not be alarmed. Take them out and give them a nice COLD rinse when you get home and they should perk up.
4. Investigate, search out, and read about the veggies you are eating. Part of the CSA, or farm to table, concept is bringing the knowledge of fresh food to the forefront of and/or back into our cooking. If you have kids, involve them in the discussion! Go all out and have fun with it!
5. Books, blogs, search engines, websites, family members, and friends are all great resources for recipes and veggie help. Our Pinterest account will be updated weekly with new Pins relevant to that particular week's box.

### WHAT'S IN THE BOX?

THIS IS A TENTATIVE LIST AND COULD CHANGE. OFFICIAL LIST WILL ALWAYS BE ON OUR HOMEPAGE!

- 🍓 Asparagus
- 🍓 Red OR Green Butterhead Lettuce
- 🍓 Curly OR Dinosaur Kale
- 🍓 Scallions
- 🍓 Green OR Red Leaf Lettuce
- 🍓 Chive Plant
- 🍓 Green OR Purple Kohlrabi
- 🍓 Chinese Cabbage
- 🍓 Broccoli OR Fennel
- 🍓 Swiss Chard
- 🍓 Lettuce Mix

### QUICK NOTES

Similar to week 1, you will be picking up a herb plant this week. This week's herb is a chive plant. Chives remind us of a much skinner and smaller version of scallions. They are great in many types of dishes but might be best known for its use on baked potatoes 😊 Remember to pick up only one chive plant along with your spring share box. When you arrive home, please water your chive plant. Chives love to grow but the compostable pot you are getting it in is not big enough. You will either have to use the plant right away or, if you want to continue to use it throughout the year, move it to a larger pot or plot of dirt.



## QUICK NOTES CONTINUED..

- Chinese cabbage does not look like your typical cabbage ball. The Chinese cabbage has an elongated overlapping of leaves that almost fold inward. It is a light green in color with white stems.

## RECIPES

### Kohlrabi Fries

#### Ingredients:

- 1 ½ to 2 pounds kohlrabi
- 1 tablespoon flour (we used spelt for our fries); use more as needed
- Salt to taste
- 2 to 4 tablespoons extra virgin olive oil, as needed
- Chili powder, ground cumin, curry powder or paprika to taste

#### Method:

1. Peel the kohlrabi and cut into thick sticks, about 1/3 to 1/2 inch wide and about 2 inches long.
2. Heat the oil over medium-high heat in a heavy skillet (cast iron is good). Meanwhile, place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi sticks in the flour so that they are lightly coated.
3. When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded. Cook on one side until browned, about 2 to 3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2 to 3 minutes. The procedure should take only about 5 minutes if there is enough oil in the pan. Drain on paper towels, then sprinkle right away with the seasoning of your choice. Serve hot.

Adapted from [NY Times](#) cooking section

### Cheddar Chive Rice

#### Ingredients

- 1 c. uncooked rice (option: medium grain white rice)
- 2 c. low-sodium chicken broth
- ¼ tsp. garlic powder
- freshly ground black pepper to taste
- ¼ c. shredded cheddar cheese (2% milk cheese works great)
- chives, sliced and diced

#### Method

1. Add rice, chicken broth, garlic powder, and a few grinds of black pepper to a small saucepan. Bring to a low boil over medium-high heat. Stir, cover, and reduce heat to low.
2. Cook rice 20 minutes (adjust cooking time according to package directions if using brown rice or quinoa). When done stir in cheese and green onions before serving.

Adapted from [wearychef.com](#)



**Red Butterhead Lettuce**

### Chinese Napa Cabbage Salad

An instant classic!! You can use some of your scallions and Chinese cabbage in this recipe.

#### Ingredients

- 1 (3 ounce) package chicken flavored ramen noodles
- 1/4 cup butter
- 1/2 cup sesame seeds, toasted
- 1/2 cup blanched slivered almonds
- 1 large head napa cabbage, shredded
- 6 green onions, chopped (scallions)
- 1/4 cup vegetable oil
- 1/4 cup rice wine vinegar
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1/8 cup white sugar

#### Method

1. Crush noodles, place them in a medium skillet and brown in butter over medium heat. Add almonds and sesame seeds. Stir often to prevent burning. Add seasoning mix from noodles and cool. Toss in a large bowl with cabbage and onions.
2. Prepare the dressing by whisking together the vegetable oil, rice vinegar, soy sauce, sesame oil and sugar. Pour over salad, toss and serve.

Adapted from [allrecipes.com](#)

