



Bok Choy

WHAT'S IN THE BOX?

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

- 🍓 Asparagus
- 🍓 Rhubarb
- 🍓 Curly Kale
- 🍓 Scallions
- 🍓 Arugula
- 🍓 Red Leaf Lettuce
- 🍓 Basil Plant
- 🍓 Bok Choy

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.

QUICK NOTES

You will be picking up one very large basil plant along with your box this week. Please be careful to protect the stem on the way home. Once you get it home, feel free to start using it. It will need to stay watered and it does need direct sunlight so putting it by a window would be best. You can plant it in a pot outside though we recommend you watch the weather for few days as 40 degrees or below could kill the plant. If you plant it in dirt, no need to take it out of the pot as the pot is organic material and can go right in the ground. The sooner you get it into a larger pot/place the better as it will bolt if it gets to root bound.



QUICK NOTES CONTINUED..

- Your bok choy might have some very small holes in it. It is nothing to be alarmed by and are the results of little pesky bugs that eat through the leaves at times.
- The scallions in your box this week will be smaller compared to usual due to this cold spell we have had the last couple of days.

RECIPES

Garlic Butter Sauteed Asparagus

Ingredients:

- 10 oz young asparagus
- 2 tablespoons melted butter
- 3 cloves garlic, minced
- Salt, to taste
- Ground black pepper, to taste
- Squirts of lemon juice, optional

Method:

1. Cut the bottom part of the asparagus stems, about 1/2 inch.
2. Heat up a skillet on medium heat and add the melted butter. Saute the garlic until slightly browned before adding the asparagus. Toss with a spatula to combine well with the garlic.
3. Add salt and ground black pepper, to taste. Add a squirt or two lemon juice, if using. Once the asparagus becomes tender and just cooked, remove from heat and serve immediately.

Adapted from rasamalaysia.com

Sautéed Ginger Bok Choy

Ingredients

- 2 tablespoons vegetable oil
- 2 garlic cloves, minced
- 1 teaspoon ginger, freshly minced
- 1 1/2 pounds bok choy, washed (600g)
- 1 tablespoon soy sauce
- Toasted sesame seeds, freshly ground pepper & salt

Method

1. Heat the vegetable oil in a large skillet over medium heat. Add in garlic and ginger and cook for 1 minute.
2. Meanwhile cut the bok choy on the bias. Add in the bok choy and soy sauce and cook stirring for 3 minutes, or until greens are wilted and stalks are crisp-tender.
3. Serve immediately when warm with toasted sesame seeds, black pepper, and salt.

Adapted from eugeniekitchen.com



Curly Kale

GARLIC BUTTER SPAGHETTI WITH HERBS

Ingredients

- 1 lb. whole wheat spaghetti
- 6 tablespoons butter + more for serving
- 8 cloves garlic, minced
- 1 large bunch basil, chopped
- 1 large bunch baby spinach, chopped
- 2 teaspoons salt
- 1 teaspoon black pepper
- Parmigiano Reggiano cheese for topping

Method

1. Cook the spaghetti according to package directions.
2. Meanwhile, heat the butter together in a large nonstick skillet over medium low heat. Add the minced garlic and saute for 3-5 minutes, until soft and fragrant. Be careful not to burn or over-brown the garlic because it will taste bitter. Low and slow is the winner here.
3. Chop the spinach and basil (I had about 5 cups total - it reduces quite a bit as it wilts) into small bite-sized pieces and add to the skillet, stirring for just a minute or two to get the greens softened slightly. Season with salt.
4. Add the spaghetti to the skillet (or vice versa depending on pan size) and season with salt and pepper. Toss well to combine and let it all rest for a few minutes to stick together a bit. Serve with an additional pat of butter and/or fresh grated Parmigiano Reggiano cheese.

Adapted from pinchofyum.com

