

Fresh Veggie Series

Vine & Fig Educational Outreach Program
Produce provided by Radical Roots Farm, St. Isidore Homestead
& Permaculture, and Jubilee Climate Farm



This Week's Produce Items:

Bok Choy, Green Lettuce, Spinach, Radish and Cilantro

Recipe of the Week:

Quick-Cooked Bok Choy



Ingredients:

- 1 head bok choy (1 1/2 pounds)
- 3 tablespoons oil
- 5 garlic cloves (coarsely chopped)
- 3 tablespoons water (approximately)
- 2 teaspoons sugar
- Salt and pepper to taste

Instructions:

1. Wash and dry bok choy
2. Larger bok choy (separate leaves from stems)
3. Heat oil in pan then garlic
4. Add bok choy to pan (stems first, then leaves)
5. When tender and still crisp, add sugar, salt & pepper
6. Add water when needed to steam
7. Transfer to a serving plate. Enjoy!

