



Fresh Veggie Series

Vine & Fig Educational Outreach Program

This Week's Produce Items:

Radical Roots: Bok Choy, Spinach, Salad Mix, Cilantro and Kale
St. Isidore Homestead & Permaculture: Collard Greens, Kale and Bok Choy provided by Radical Roots



Recipe of the Week #1:

Bok Choy Soup

Ingredients:

- 1 head of bok choy (1 1/2 pounds)
- 1 teaspoon oil
- Minced garlic (& optional ginger)
- Your favorite vegetables
- 2 cups vegetable broth
- 2 cups water
- Serving of noodle/pasta (optional)
- Salt and pepper to taste



vinefigeducation.org/recipes

Instructions:

1. Wash and dry bok choy
2. Thinly slice bok choy (separate leaves from stems, thinly slice both)
3. Heat oil in a pan, add garlic, ginger, and veggies.
4. Add water & broth, bring to a boil, and then simmer for 5 minutes.
5. Add bok choy stems, simmer for 5 minutes
6. Add bok choy leaves, simmer for 5 min.
7. Add optional noodles, simmer for 5 min.
8. Enjoy!

Recipe of the Week #2:

Quick cooked bok choy

Ingredients:

- 1 head bok choy (1 ½ pounds)
- 3 tablespoons oil
- 5 garlic cloves (coarsely chopped)
- 3 tablespoons water (approximately)
- 2 teaspoons sugar (optional)
- salt and pepper to taste



Instructions:

1. Wash the bok choy thoroughly and dry.
2. For large bok choy, separate the leaves from stems. If smaller, cut in half.
3. Heat oil in a pan, add garlic and cook until it is brown.
4. Add the stems of the bok choy to the pan. Then add the leaves.
5. When tender and still crisp, add sugar (optional) salt & pepper
6. Add water and let it steam.
7. Transfer to a serving plate. Enjoy!



