



**Veggie of the week:**

# Bok Choy

Bok choy, a member of the cabbage family, has been cultivated in China for centuries and is well adapted to the climate of the Pacific Northwest. It grows best in cooler temperatures and here at the garden we will have bok choy in the spring and fall. Bok Choy is high in vitamins A and C, calcium, iron, and beta carotene. It has thick white stems that resemble celery and dark green leaves that resemble romaine lettuce. It can be eaten cooked or raw and is a great substitute for cabbage in any recipe.

## How to Cook It

Cooking bok choy is easy! You need only wash the bok choy, chop it, then use it as you desire; for example, you can microwave or steam it for a simple and quick side dish. Common uses for bok choy include steaming or boiling and then adding seasonings to the bok choy such as soy sauce, ginger, or hot peppers. You can also eat it raw! The stalks are a great substitute for celery! The stalks cook slower than the leaves. You can separate the stalks when chopping, or just leave it all together for well-cooked leaves and crunchy stalks.

## Recipe: Stir-Fried Bok Choy with Garlic and Fish Sauce

Ingredients:

- 2 medium heads bok choy
- 2 tbsp vegetable oil
- 3 cloves garlic, minced
- 3 tbsp soy sauce
- 1 tsp fish sauce
- red pepper flakes, to taste

1. Trim the bottom of the bok choy head and separate the leaves.
2. Wash thoroughly
3. Heat a large frying pan over medium-high heat. Add oil
4. When oil is hot (but not smoking), add the garlic. Stir fry about 2 min.
5. Add the bok choy, soy sauce, and fish sauce. Stir fry about 5 min until the bok choy greens are wilted but the stalks are still crunchy.
6. Add red pepper flakes and enjoy!

