

# EVERBLOSSOM FARM RECIPES

MAY #2

BY JODÉ LEMMON  
jode@everblossomfarm.com

## BOK CHOY

### DEFINED

Bok (or Pac) Choy is a type of Chinese vegetable. It has dark green leaves and white or light green celery-like stalks that have a mild, slightly peppery flavor. Both the greens and the stalks are popular in salads and the stalks are often used in stir-fry recipes. If it is necessary to store, keep it in the vegetable drawer of the refrigerator, wrapped in plastic, and it should stay fresh for 4 to 5 days.

### PREPARED

Chop off just enough of the base of the bok choy plant before washing so that stalks can be rinsed individually. Cut the stalks into ½-inch pieces before cooking. Bok choy has a high water content and becomes limp very quickly, so in Chinese stir-fries and soups, bok choy is added toward the end of the cooking process. It loves soy sauce, hot peppers, and sesame oil.

**Raw:** Try it raw with dip, or chopped and used in salads.

**Boiled:** Cook stems in salted water for four minutes and leaves for two to three minutes.

**Steamed:** Allow pieces to steam for about six minutes, or until tender-crisp.

**Sautéed:** Stir-fry the stalks over high heat for about six minutes and the leaves for about three minutes, until stalks are tender-crisp and leaves are just wilted.

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JOHN AND ELAINE BRANIGAN

FARMERS@EVERBLOSSOMFARM.COM

717.624.4469