

Farm Box Meals



all about bok choy!

Bok Choy – is another cruciferous veggie in the huge brassica rapa species and is actually a Chinese cabbage variety. New research indicates that this wild, weedy plant may have started near Afghanistan thousands of years ago as the lowly turnip. As people moved East it evolved into all the tasty, healthy cabbage we enjoy now.

health benefits

MANY! Bok choy contains over 70 antioxidants, plus high amounts of Vitamin C, vitamin A, zinc, manganese, calcium, potassium, and magnesium, linking it to preventing cancer and heart disease, reducing inflammation, maintaining healthy bones, eyes and skin. It also contributes to an overall healthy immune system to help your body fight off infections and viruses.

how to store & prep:

Keep it cold and wrapped in a plastic bag and store in crisper. Don't wash until you're ready to use it. **It should stay fresh 5-6 days when stored properly.** When you're ready to use it, slice a layer of the base and pull off the stalks. Then wash each one very well to get the dirt from the stalks. Drain and gently dry with a paper towel. You can freeze it for later by thoroughly drying, chopping into pieces, then putting into a freezer bag. Let out all the air, seal the bag and put in the freezer.

how to use:

With its variety of textures and mild flavor, it's really one of the best cabbages to enjoy. I find it goes really well with garlic, ginger and chili flakes.

- **Stir fry it:** Chop crosswise and stir fry. Start with stir-frying fresh ginger, garlic and green onions in vegetable oil till fragrant, then add your favorite vegetables and bok choy. You can add yakisoba or ramen noodles or serve with coconut rice (yumm)
- **Basic stir-fry sauce:** combine 3 T oyster or fish sauce, 1 T soy sauce, ¼ C chicken broth and 1 t cornstarch
- **Grill it:** halve a whole bok choy lengthwise; microwave covered 3-5 minutes. Brush with a mixture of ¼ cup sriracha, 1 T rice vinegar, 1 t brown sugar, sesame oil and soy sauce. Grill till charred 1 minute per side, brushing with extra sauce
- **Soup it:** sauté onion, add seasonings and chopped bok choy & any other veggies. Then add 4 cups of your favorite broth. Bring to a boil, then simmer 15 minutes.
- **Steam it:** with the bok choy in a strainer, steam with boiling water 3 to 4 minutes till bright green.



How to cut:

Start by cutting away the big leaves and stack them on top of each other. Then you can cut the stalks like celery, slicing, or dicing.



Slice crosswise into thin strips. Cut the stalks crosswise about 1-inch long & discard about 1-inch from the bottom.



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