

Week 10



4e Green Farm Winter Vegetable CSA

What's in your bag ?

Weekly Recipe Ideas

Gai Lan (aka Chinese Broccoli) Stir Fry

Gai Lan
Japanese Yams
Brussel Sprouts
Ginger
Garlic
Scallions
Baby Bok Choy

Ingredients

- 1 lb Gai Lan / Chinese broccoli
- 2 tbsp vegetable oil
- 1½ inch ginger (peeled and cut into thin slices)
- 2 cloves garlic (minced)
- 4 oz mushrooms (optional)
- Bok Choy (optional)
- 2 tbsp soy sauce
- 1 tbsp Shao Hsing cooking wine
- 1 tsp corn starch mixed with 2 tbsp water
- 1 tsp sesame oil

Directions

- Wash and drain Gai Lan thoroughly. Trim 1 inch off the end of the stalks. Cut off each leaf from the stalk and then cut the leaf into 2 bite-size pieces at a diagonal. Cut the top part of the remaining stalk into bite-size pieces, leaving the remaining end. This woody section should be peeled with a paring knife before cutting into bite-size pieces.
- Heat a wok or large pan. When it is hot, add vegetable oil. Sauté ginger for about 1 minute. Stir in garlic for 30 seconds.
- Add the Gai Lan stems and mushrooms. Fry for 2 minutes. Bok Choy can also be added here.
- Now, add the Gai Lan leaves, soy sauce, and Shao Hsing cooking wine. Stir fry for 1 to 2 minutes. Gai Lan leaves should be wilted but still crunchy.
- Pour in cornstarch mixture. Stir to combine for another 1 to 2 minutes. Corn starch mixture will thicken.
- Turn off the heat. Drizzle sesame oil over vegetables.
- Remove and serve immediately.

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*Farming
Inspiration*

*"...A good farmer is a
craftman of the highest order,
a kind of artist" Wendell Berry*



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