

Week 14

4e Green Farm Winter Vegetable CSA



What's in your bag ?

Weekly Recipe Ideas

Apple Bok Choy Salad

Baby Bok Choy
Yu Choy
Spicy Mix
Mesclun Mix
Baby Spinach
Parsley
Scallions



Ingredients

- 6 cups finely chopped bok choy
- 1 large apple, shredded
- 1 large carrot, shredded
- 1/2 cup chopped red onion
- 1/2 cup unsweetened soy, hemp, or almond milk
- 1/2 cup raw cashews or 1/4 cup raw cashew butter
- 1/4 cup balsamic vinegar
- 1/4 cup raisins
- 1 teaspoon Dijon mustard

Directions

1. Combine bok choy, apple, carrot, and chopped onion in a large bowl.
2. Blend soy milk, cashews, vinegar, raisins, and mustard in a food processor or high-powered blender. Add the desired amount to chopped vegetables.

MORE RECIPES FROM OUR BLOG

[Vegan Scallion Pancakes](#)

[CSA Stir Fry](#)

[Stir-Fried Bok Choy with Garlic, Ginger, and Scallions](#)

[Sushi Rice Bowl](#)

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*Farming
Inspiration*

*"If you keep good food in your
fridge, you will eat good food."*

Errick McAdams



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Next Week's Soup: **SWEET POTATO CARROT**

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