

Week 16



4e Green Farm Winter Vegetable CSA

What's in your bag ?

Weekly Recipe Ideas

SIMPLE, TASTY SAUTÉED SPINACH

Brussel Sprouts
Gai Lan
Black Spinach
Yu Choy
Baby Bok Choy
Collard Greens
Curly Kale

Ingredients

- 1 tablespoon olive oil
- 1 medium white onion chopped
- 4 teaspoons minced garlic
- 1 tablespoon unsalted butter (or vegan butter)
- 1 teaspoon soy sauce (or liquid aminos)
- 8 oz fresh spinach
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

1. In a large skillet, heat up olive oil. Add onion and sauté for 4 minutes. Add garlic and butter and sauté until the onion is starting to brown.
2. Add soy sauce and stir well. Add spinach and gently toss to mix with sautéed onion.
3. Cook until spinach is wilted. Season with salt and pepper. Serve immediately.

For more
recipes visit
4egreenfarm.com/blog

*Farming
Inspiration*

MORE RECIPES FROM OUR BLOG

YU CHOY STIR FRY

CREAMY BRUSSEL SPROUTS WITH SUN-DRIED
TOMATOES

SHAVED BRUSSEL SPROUTS SALAD

GAI LAN STIR FRY

GAI LAN QUINOA BOWL

STIR-FRIED BABY BOK CHOY WITH GARLIC, GINGER &
SCALLIONS

SUSHI RICE BOWL

ASIAN BOK CHOY SALAD

ASIAN NAPA CABBAGE ROLLS

VEGAN BUTTERNUT SQUASH & KALE LASAGNA

KALE SMOOTHIE

SUN-DRIED TOMATO PASTA WITH KALE

KALE PESTO

*"A garden is a grand teacher. It
teaches patience & careful
watchfulness; it teaches industry
& thrift; above all it teaches
entire trust."
Gertrude Jekyll*



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Next Week's Soup:

BUTTERNUT SQUASH

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