

IN THE LEAFY LIMELIGHT: BOK CHOY



While bok choy might be a Weekly Share regular, it can still feel a little daunting to look into your MoGro bag to have a head of leafy greens staring back at you. Bok choy (AKA Chinese white cabbage) has a large white bulb on the bottom with long celery-like stalks and darky leafy greens on the top. Fun fact: it's all edible!

This is a great leafy green to introduce into your diet if you're new to cooking with greens. The flavor is so mild that it's hard not to like.

Lucky for us bok choy is at its prime in the colder months, hence the local bok choy in this week's Share from Vida Verde Farm. The frost helps to make the bok choy sweeter and helps to give it a crisp, fresh texture.

To prep: rinse thoroughly in cold water - there are lots of nooks and crannies for dirt to get trapped in. Shake off and place laying down on a cutting board. Slice off the root end, releasing all of the leaves. Rinse leaves and stalks again for good measure. Cut stems from the leaf and chop separately. Always add stalks first to whatever you're cooking (soup, stir fry, salad, etc.) and add the leaves closer to the end so they don't overcook, the stalks and leaves cook at different speeds.

To store: Place bok choy in a produce bag, making sure to remove as much excess air as possible. Place it in the veggie drawer in your fridge. It should last up to five days if stored properly.

IN THIS WEEK'S SHARE

- Bok Choy
- Living Lettuce
- Watermelon Radish
- Red Potatoes
- White Button Mushrooms
- Oranges
- Kiwi
- Bonus

LOCAL FARMS

- Vida Verde
- Silver Leaf Farms
- White Mountain Farms



FARMER'S CORNER

Fresh, local greens in January! How lucky are we?! This is possible because of what is referred to in the farmer world as "season extension." Season extension simply means that our farmers have strategically developed plans for year-long cultivation. They stagger their planting so that they can harvest their crops for the majority of the year by using greenhouses, hoop houses, row covers and hydroponic setups. Season extension materials (row covers, greenhouse plastic, etc.) are used to moderate conditions and extend production across seasons. These materials help lessen the harshness of the seasons. For example, covering rows with cloth row covers inside a protected greenhouse can help keep leafy greens like bok choy insulated in the cold winter months for harvest in January and February!