

VEGETABLE OF THE WEEK

BOK CHOY

Bok choy, which may be written as bok choy, bok choy, or pac choy, is a traditional stir-fry vegetable from China. Choy grows in elongated, upright heads of dark green leaves with large, white stems. Since the texture of the leaves differs from that of the stems, choy is practically two veggies in one. The leaves can be cooked and eaten like spinach, while the crisp stems can be used like celery or asparagus. This is a cool-season crop, so you'll only see it in the early or late CSA boxes.

To store: Wrap bok choy in a plastic bag and place in the crisper of your fridge. Store for up to a week before the leaves begin to wilt.

Prep: Rinse choy under cold running water and shake it dry. Because the thick stems and tender leaves will require different cooking times and will usually be added separately, cut the stems from the leaves. Cut the stems into 1 inch pieces and slice, shred, or tear the leaves.

To use: For stir-fry, separate leaves from the thick white stem and chop both into 2-inch wide diagonal chunks. Put the stems in first near the end of cooking, then add the leaves for the last 2 minutes. Bok choy can also be simply steamed. Then toss with toasted sesame oil, butter, salt, or vinaigrette. A small choy is mild enough to eat raw. The stems resemble celery without the strings. Include small choy leaves as a tasty addition to a raw veggie platter. Add the small uncooked, shredded leaves of a small choy to salads.

ROBINETTEFARMS.COM