

In The Bag
Potomac Vegetable Farms
Week #5A: October 25, 2012
Featuring: Asian Greens

This is what we anticipate will be in your bag. It could be slightly different.

Mini: sweet potatoes, turnips or leeks, radishes, peppers, carrots, arugula, broccoli

Regular: garlic, potatoes, sweet potatoes, butternut, radishes, peppers, kale, cabbage, fennel or broccoli

Robust: garlic, potatoes, sweet potatoes, butternut, radishes, peppers, kale, leeks, cabbage, carrots, arugula, ginger

Potatoes and sweet potatoes go in a cool, dark place. Butternut and garlic will be happy on the counter. Carrots, leeks, cabbage, leafy greens, broccoli, radishes, and peppers are do best in the fridge.

New (to some) items:

Fennel is commonly associated with Mediterranean cooking. Both the bulbs and the feathery fronds can be eaten raw and cooked. It has a slightly sweet, crunchy, anise or licorice flavor. It's high in vitamin C, fiber, potassium, and manganese. Try it raw in salads, or paired with fish to bring out the fish flavors. Use it in a stew to add a new depth to the

Kohlrabi, a stout member of the cabbage family, has a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be eaten raw, as a nice slaw, a crunchy and juicy addition to your salad, or sliced thin on sandwiches. Be sure to peel your kohlrabi—the outer skin is very tough.

Leeks are in the same family as onions and garlic. Chop and eat the white onion-like base and the light green stalk. Leeks have a mild, oniony flavor, less bitter than a scallion and sometimes with a hint of sweetness. They're wonderful with eggs, in a risotto, with potatoes, or with fish and chicken.

erving Greens

Greens can be steamed for 3 minutes and then frozen. You can compact them, wringing out the water, and freeze them in bricks, or freeze them on a cookie sheet and put them in baggies. Frozen greens are wonderful for smoothies, soups and stews.

Featuring: Asian Greens

You'll get quite the variety of Asian greens in your bag over the course of the season, including bok choy and mei qing choy, tatsoi, choy sum, and Asian salad greens. Click on the green's name to see a picture.

Bok Choy and **Mei Qing Choy**: Bok choy (also bok choy, pac choy, or pak choy), a *Brassica*, is Chinese cabbage with white, juicy stems. Mei Qing Choy is a variety of Asian cabbage with green stems and more leaf to stem ratio. Mei Qing Choy has a lower water content than bok choy, but both are excellent raw or quickly cooked in a stir fry, tasting of tender, mild cabbage. The leaves are loaded with vitamins A and C, are a good source of calcium, and contain sulforaphane, which can help stimulate enzymes that protect

against cancer.

Tatsoi has small, dark green, paddle shaped leaves upon pale green to white stalks. It is another *Brassica*, also known as spinach mustard, spoon mustard, or rosette bok choy. The flavor is similar to spinach, with a cabbage edge and sweet and nutty undertone. It is excellent raw or lightly stir fried. Tatsoi's dark green leaves are high in beta-carotene and Vitamins A, C, and K; they also have good amounts of calcium, potassium, phosphorous and iron.

Choi Sum or choy sum is a member of the bok choy family with long, green stems, long, rounded, deep green leaves, and flowering shoots that resemble broccoli florets. It is often mistaken with broccoli raab or mustard greens. The flavor is sweet--similar to mild broccoli stem. It can be quickly stir fried, steamed or boiled. Choi sum is an excellent source of Vitamin A and calcium.

Vitamin Greens or Asian Salad Greens, also known as Vitaminna, a thick, leafy green, is a member of the Chinese cabbage family, related to bok choy, and also full of Vitamin A. It looks like a larger version of bok choy, with brighter green leaves. The flavor is somewhere between bok choy and chard. This is a salad green--best eaten raw--though there are some reports that it is tasty cooked as well. We have yet to experience such cooking success with this green. Mix it with your arugula, mustards, or lettuce for a delicious salad!

Recipes

All of these greens can be used interchangeably, so don't get mired in the recipes. Experiment!

Mu Shu Yuba with Collard Green Wrappers:

<http://www.potomacvegetablefarms.com/recipe/mu-shu-yuba-with-collard-green-wrappers/>

Roasted Baby Bok Choy: <http://www.potomacvegetablefarms.com/recipe/roasted-baby-bok-choy/>

Tatsoi Wilted in Mustard Dressing:

<http://www.potomacvegetablefarms.com/recipe/tatsoi-wilted-in-mustard-dressing/>

Gingery Tatsoi with Tofu Steaks:

<http://www.potomacvegetablefarms.com/recipe/gingery-tatsoi-with-tofu-steaks/>

Stir Fried Choi Sum: <http://www.potomacvegetablefarms.com/recipe/stir-fried-choy-sum/>

Sweet Potato Noodle Stir-Fry with Choy Sum and Shiitake Mushrooms:

<http://www.potomacvegetablefarms.com/recipe/sweet-potato-noodle-stir-fry-with-choy-sum-and-shiitake-mushrooms/>