



Bok Choi



Baby Bok Choi



Tatsoi



Bok Choi/Baby Bok/Tatsoi

STORAGE

Keep in a plastic bag in fridge 7-10 days

PREP

All three of these greens are edible from stem to leaf and tender enough to eat raw in salads, slaw, and relish.

BOK CHOI

Both thick white stems and leafy greens are edible.

Chop and steam/saute:

-white stems 3-5 minutes

-leafy greens 2-3 minutes

BABY BOK CHOI

Chop and steam/saute 2-3 minutes

To cook whole, leave whole or cut in half lengthwise, brush with oil and grill /pan fry 2-3 minutes.

TATSOI 'ASIAN SPINACH'

These little leaves are delicate and delicious raw or cooked. Use the whole plant -stem to leaf- like bok choi, or add these wholesome dark green leaves in place of spinach in any recipe.

LITTLE EXTRA

Simply blanch, steam, stir-fry, or grill and then freeze in a freezer bag, and add to a soup or stir-fry at a later time.

CROP AVAILABILITY Early Spring and late fall.

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