

# Produce Profile:

## Bok Choy

### about bok choy:

Bok Choy (*Brassica rapa*), sometimes called Chinese cabbage, bok choy or pak choy, is a member of the brassica family which cabbage, broccoli and kale are members of.

Bok choy can be all green or have white ribs with dark green leaves. The ribs are sweet, crunchy and juicy while the leaves are hearty. Bok choy is typically used raw or in stir-frys. It is a popular vegetable in Asian cuisines. Bok choy is high in fiber, potassium and Vitamin A, while also being low in calories.

### preparation & storage:

Baby bok choy can be used whole. To prepare larger bok choy, remove the center stem and use as you would use celery. The leaves can be used like any other green. To store, place the base in a glass of water and store in the refrigerator. It will keep for about a week.

### simple things to do with bok choy:

- \* Use it in place of celery in pretty much any dish
- \* Slice baby bok choy in half length wise and roast it with olive oil and garlic

### baby bok choy salad:

2 bunch baby bok choy, chopped  
1 carrot, grated  
1 yellow or red pepper, julienned  
1 handful snow pea pods  
Fried chow mein noodles (optional)  
¼ C rice wine vinegar  
½C canola or other neutral oil  
1T honey  
3T soy sauce

1. Combine the vegetables on a serving plate.
2. Combine vinegar, oil, honey and soy sauce and mix well. Toss with vegetables.
3. Sprinkle with chow main noodles if desired and serve.



### bok choy stir-fry:

½ cup chicken stock  
2T Chinese black bean sauce  
1T dry sherry  
1T honey  
1T chile-garlic sauce  
2t cornstarch  
3T canola oil  
1C chicken or pork, cut into strips  
2 cloves garlic, minced  
2C assorted vegetables, chopped  
(onion, carrot, bell pepper, water chestnuts, etc)  
1 bunch of bok choy, sliced  
2C rice, cooked

1. Combine stock, black bean sauce, sherry, honey, chile-garlic sauce and corn starch in a bowl and mix to combine.
1. Heat wok over medium-high heat until hot. Add oil and chicken. Quickly stir-fry chicken until cooked through, Remove chicken. Add more oil if needed.
2. Add garlic to wok and stir-fry for 15 seconds. Add vegetables and stir-fry until cooked but still crispy.
3. Return chicken to wok. Pour sauce in wok and bring to a boil. Let sauce boil until thickened, 1 to 2 minutes.
4. Serve over rice and enjoy!

# Produce Profile:

## Swiss Chard

### about swiss chard:

Swiss chard (*Beta vulgaris var. cicla*) is a member of the beet family. The standard variety has white stalks while rainbow chard, pictured here, has vibrantly hued stalks of red, magenta, orange and yellow. Chard has a slightly bitter, beety flavor which mellows with cooking. The whole part of the leaf is edible. Chard can be eaten raw in salad, steam like spinach or thrown into soups. It's a good source of calcium and magnesium, and Vitamins A, C and K.



### preparation & storage:

To prepare, rinse the leaves under cold water and blot dry with paper towels or spin in a salad spinner. Use right away or store: roll in paper towels and place in a ziploc bag in the refrigerator where it will keep for a week or two.\* cut crosswise into ribbons and use in soups

### tuscan white bean soup with swiss chard and kale:

Olive oil	2 15-oz cans cannellini beans (white beans)
1 Onion, thinly sliced	1qt Vegetable broth or chicken stock
2 Garlic cloves, thinly sliced	1 Bunch Swiss chard, sliced into 1/2" ribbons
1 Bunch kale, sliced into 1/2" ribbons	Salt + pepper - to taste
3 Celery stalks, sliced	Crusty Italian bread, sliced or ripped into hunks
3 Carrots, sliced	Grated Parmesan cheese - to taste
2 Large red potatoes, 1" cubes	

1. Heat some olive oil in a soup pot or Dutch oven over medium-high heat. Add onions and garlic and sautee until lightly browned.
2. Add kale and continue to sautee until kale is bright green and begins to soften a little, about 2-3 minutes. Add celery and carrots; continue to saute 3-4 minutes more.
3. Add potatoes, beans and stock. Cover, bring to a boil and then reduce heat to medium-low. Simmer for 20 minutes.
4. Add Swiss chard and recover. Cook for 5 more minutes.
5. Ready to serve! Add salt and pepper to taste and sprinkle with grated Parmesan cheese. Lightly drizzle with olive oil and serve with a big hunk of lightly toasted Italian bread.

*Buon appetito!*

# Produce Profile:

## Spinach

### about spinach:

Spinach (*Spinacia oleracea*) is a familiar leafy green our mothers always told us to eat. It can be eaten either cooked or raw. Try it in salads in place of lettuce, or steam it as a vegetable side dish. If you have a juicer, try juicing it with some other vegetables for a glass of green health! Popeye proclaimed he was strong to the finish 'cuz he eats his spinach, and for good reason! Spinach is higher in iron than most other vegetables, which is what kept Popeye strong to the finish. Spinach is also a good source of fiber, folate, and Vitamins A and K.

### Greek Quiche:

1 10" pie crust, thawed if using frozen  
1T olive oil  
8 oz spinach  
1 onion, diced  
¼C Kalamata olives, pitted and chopped  
½C Feta cheese, crumbled  
1 ¼C milk  
3 eggs

1. Preheat the oven to 400°F.
2. Heat a pan over medium heat and cook the onions until translucent. Stir in the spinach, and cook until wilted.
3. Put the onions, spinach and Kalamata olives into a pie crust (thawed, if frozen). Evenly sprinkle the Feta around the pie.
4. Beat the eggs and add to the milk. Pour the mixture into the pie crust.
5. Bake for 30 minutes or until the eggs are set.
6. Allow to cool for 20 minutes and serve. This can be eaten warm or cold.



### preparation & storage:

To prepare, rinse the leaves under cold water and blot dry with paper towels or spin in a salad spinner. Use right away or store: roll in paper towels and place in a ziploc bag in the refrigerator where it will keep for a week or two.

### simple things to do with spinach:

- \* Steam and serve with olive oil
- \* Sauté with garlic and olive oil, sprinkle with salt
- \* Use salads in place of lettuce

### spinach salad:

1 Bunch of spinach  
Blue cheese or gorgonzola, crumbled  
Walnuts  
Dried cherries or cranberries  
1T Walnut oil  
1T Balsamic vinegar

Make a bed of spinach and sprinkle on the other ingredients. Drizzle with walnut oil and balsamic vinegar.

# Produce Profile:

## Eggplant

### about eggplant:

Eggplant (*Solanum melongena*), sometimes called aubergine, is a member of the nightshade family which tomatoes, peppers and potatoes are also members. They are typically deep to medium purple hued, although white varieties do exist. Raw eggplant can have a bitter taste which mellows out with cooking. Eggplant can be grilled, roasted, sauteed... There are nearly limitless ways to prepare it. Many cultures have a signature eggplant dish: ratatouille in France, melanzane alla parmigiana in Italy, moussaka in Greece and the Middle Eastern baba ghanoush. Eggplant is high in fiber, manganese, potassium and B vitamins.



### preparation & storage:

To roast eggplant whole, no preparation is needed. Although not required, bitterness can be reduced by cutting the eggplant into chunks or rounds, sprinkling heavily with salt and letting it stand for 30 minutes. Then, rinse with water and squeeze out like a sponge. Store eggplant in the refrigerator for a week or two.

### simple things to do with eggplant:

- \* Cut it into rounds and grill it
- \* Peel and cut into chunks, then sautee and add to pasta sauce

### middle eastern baba ghanoush:

1 Eggplant  
3 Garlic cloves, coarsely chopped  
¼C Tahini (sesame seed paste)  
½ Lemon, juiced  
4T Parsley, coarsely chopped

Pinch Ground cumin  
Salt + pepper  
4T Olive oil  
Pita bread, cut into wedges

1. Pierce the eggplants a few times with a fork. Roast in 400°F oven until shriveled and soft, about 30 minutes
2. Split the eggplants open and scoop out the flesh. Discard the skin and as many seeds as possible,
3. In a food processor, combine garlic, tahini, lemon juice and parsley. Puree until smooth. Add eggplant, cumin, salt and pepper and olive oil Pulse to incorporate.
4. Transfer to a serving bowl. Serve with pita wedges for dipping.

# Produce Profile: Broccoli Rabe

## about broccoli rabe:

Broccoli rabe (*Brassica rapa*) is also called 'rapini.' It is a leafy cousin of broccoli and has a nutty, slightly bitter taste. It is classically sautéed and served with sausage and orichette pasta. If you dislike the bitterness, boil it in water for a few minutes to remove some of the bitter compounds. Like many leafy, green vegetables, broccoli rabe is fat-free and a good source of Vitamins A, B, C and K as well as the minerals calcium and iron.



## preparation & storage:

To prepare, snip the ends off the stalks and discard. Disassemble the stalks, leaving leaves, stalks and green florets. Rinse under cold water and blot dry with paper towels. Cut into appropriate sized pieces to use right away. To store, roll in paper towels and place in a ziploc bag in the refrigerator where it will keep for a week or two.

## simple things to do with broccoli rabe:

- \* Steam and serve with olive oil
- \* Sauté with garlic and olive oil, sprinkle with salt and red pepper flakes

## orichette with broccoli rabe & sausage:

- 1 Bunch of broccoli rabe, stems removed
- 2 Sausage (regular or vegetarian) links
- 2 Garlic cloves, chopped
- 1lb Orichette or similar small pasta

- 2T Butter
- Grated parmesan cheese, to taste
- Salt + Pepper, to taste

1. Crumble sausage and brown in a pan over medium heat. Remove sausage from pan and drain fat leaving enough to sauté the greens in.
2. Place pan over medium-high heat. Add garlic and sauté for 30 seconds (do not let garlic brown); add broccoli rabe and continue to sauté until wilted. Remove from heat and add salt to taste.
3. Bring a large pot of salted water to a boil and cook the orichette according to package directions.
4. Drain orichette and toss with butter. Add sautéed broccoli rabe and sausage. Season with salt and pepper to taste. Serve with grated parmesan and enjoy!

# Produce Profile: Winter Squash

## about winter squash:

Winter squash, also called hard squash, (*Cucurbita*) is native to north America and was a staple of the Native American diet. There are many varieties of winter squashes, such as the familiar acorn, butternut and pumpkin, and the less familiar turban and hubbard to name a few. The taste varies between varieties, but is generally mild and sweet. Winter squash is a good source of potassium, iron and Vitamin A (beta carotene) as well as fiber.



## preparation & storage:

To prepare, cut in half and scoop out the seeds. The skin can be peeled with a vegetable peeler if desired, and the flesh cut into appropriate sized pieces. Winter squash features a hard shell and will store for many months at a cool temperature, about 50-55°F.

## butternut squash risotto:

Olive oil  
1 Onion, diced  
2 Garlic cloves, thinly sliced  
1C Arborio rice  
1C Apple cider or white wine  
2C Butternut squash, diced

1. Heat olive oil over medium heat and sauté onions until soft. Add garlic and sauté until softened.
2. Add Arborio rice and heat until rice starts to turn slightly golden brown.
3. Add cider or wine, scraping the bottom of the pan with a wooden spoon to dissolve the cooked-on bits.
4. Add squash and 2 cups hot stock (keep the stock simmering in a pot on another burner).

## simple things to do with winter squash:

- \* Treat it like a potato! Bake it, roast it, boil it, mash it!
- \* Roast cut side down in a pan with a little water in a 425°F oven for 45 minutes or until soft; enjoy with butter and brown sugar
- \* Replace potatoes or sweet potatoes in a recipe

4 to 6C Chicken stock, hot  
2T Butter  
½C Parmesan, grated  
Salt + Pepper, to taste  
Grated Parmesan, to taste

5. Gentle stir. When liquid has been absorbed, add more one cup at a time until rice is cooked to al dente texture. (This should require 4-6 cups of stock)
6. Turn off heat. Add butter, stir until melted. Sprinkle on grated Parmesan and gently stir to incorporate.
7. Serve with salt and pepper to taste. Sprinkle on additional Parmesan if desired. *Buon appetito!*