



Week 15

Farm News:

This week we are getting ready for the tropical storm that is supposed to hit us on Tuesday night and Wednesday. Our biggest concern is the hoophouses (unheated greenhouses) and our chickens. While our hoophouses have made it through a number of storms with strong winds, our chicken houses are relatively new and haven't been tested in high winds yet. We are also hoping that there isn't too much rain. We have just planted greens in a large portion of the field that floods easily. We hope that everyone stays safe and Hurricane/Tropical Jose stays out to sea!

This Week's Share (probably):

Spaghetti squash and/or Delicata
Asian pears
Eggplant
Bok Choy
Beets
Radishes
Scallions
Tomatoes
Kale (maybe)

Vegetable of the Week:

Pac Choy

Pac choy is an Asian green that is actually classified as a cabbage, although it doesn't resemble western or napa cabbage. Pac choy is a mild green with juicy stems and delicate leaves that wilt quickly when cooked. It is an incredibly versatile green that can be used in the place of regular cabbage, it is often used in soups and stir-fries, but you can also grill it, eat it raw, and ferment it. Your imagination is the limit for this one. There are quite a few varieties of pac choy (also known as bok choy) grown in the United States. We grow 3 different types: mei qing choy (a smaller green stemmed variety), vitamin green (a larger, dark green variety), and joi choy (a larger variety with white stems and green leaves).

Recipes of the week:

Crunchy Pac Choy Slaw

Ingredients-

¼ cup rice vinegar
1 tablespoon toasted sesame oil
2 teaspoons sugar

2 teaspoons Dijon mustard
1/4 teaspoon salt
6 cups very thinly sliced pac choy, (about a 1-pound head, trimmed)
2 medium carrots, shredded
2 scallions, thinly sliced

Preparation-

Whisk vinegar, oil, sugar, mustard and salt in a large bowl until the sugar dissolves. Add pac choy, carrots and scallions; toss to coat with the dressing.

Grilled Pac Choy

Ingredients-

2 heads of pac choy
¼ cup melted butter
1/8 tsp garlic powder
1/8 tsp paprika
1/8 tsp ground black pepper
1 tsp salt

Preparation-

1. Preheat an outdoor grill and lightly oil the grate. In a bowl mix butter, garlic powder, paprika, and black pepper.
2. Slice the pac choy in half, rinse middle to get out any dirt and pat dry.
3. Brush choy with seasoned butter and sprinkle with salt. Lay the choy on the grill and cook until the stalks show grill marks and the leaves are a little crisp at the edges. Turn it over and brush with more of the seasoned butter. Cover and grill until the other side shows grill marks.