



## Week 20

### Farm News:

We still have not gotten a frost yet, which is highly unusual. We have enjoyed the warmth over the last couple of weeks, but know that fall will soon be in the air. This is the last week of the summer Farm Share, and we hope you enjoyed all of the vegetables and fruit. Thank you for supporting our farm and our family. We have really enjoyed having you as farm share members this year.

### This Week's Share (probably):

Sweet potatoes  
Onions  
Butternut Squash  
Bok choy  
Tokyo Bekana (see below for recipe)  
Carrots

### Vegetable of the Week:

#### *Tokyo Bekana*

Mustard greens, asian greens, arugula, turnips, rutabaga, broccoli, cauliflower, kale, cabbage, brussel sprouts, kohlrabi, and canola all belong to the mustard family of plants. The species *Brassica rapa* includes turnips, broccoli raab and all of the asian greens that we grow: Tokyo bekana, bok choy, napa cabbage, tatsoi, and mizuna. All of these greens can either be eaten raw or cooked. Tokyo bekana is a fun Asian green that has a lettuce texture, but a nice asian green flavor. It is a loose head type of Chinese cabbage, developed to have a more delicate leaf for eating raw. Chop it up and add it to a salad or sauté lightly to mellow out the flavor. You can substitute Tokyo bekana for bok choy in recipes too.

### Recipe of the week:

#### *Asian-style greens with sesame, ginger and soy sauce*

(from the Tucson CSA website)

#### Ingredients:

4 Tbs light sesame oil or olive oil  
2 Tbs white hulled sesame seeds  
4 tsp peeled, minced ginger  
2 garlic cloves, minced  
2 pounds Tokyo bekana (or a tender asian green)  
2 Tbs soy sauce  
4 tsp rice vinegar

### Preparation:

1. In a wide heavy sauté pan or wok over medium heat, warm the oil. Add the sesame seeds and stir until they pop and become fragrant. Add the ginger and garlic and sauté for 1 more minute.
2. Add the greens and 1 tablespoon soy sauce, raise the heat and cook, covered for 1 minute. Uncover and sauté for 1 or 2 minutes more, until the greens are tender but still bright green.
3. Stir in more soy sauce and vinegar to taste and serve immediately.