

# Farm to School presents SPRING EATS

## BOK CHOY

Bok Choy is a type of chinese cabbage and thought to be the oldest cultivated veggie in the world! It grows best in semi cold weather, which makes March the perfect time to grow and eat it! Bok Choy is a perfect crop for new gardeners as it is simple enough to grow from seed.

You can harvest your Bok Choy in stages to let the plant regrow or all at once to include it in your family's dinner! Visit Prescott Farmers Market to try some!



### WHY SHOULD YOU EAT IT?

Bok choy is an excellent source of vitamins A and C, which are antioxidants that can help protect the immune system and repair cell damage. It also contains vitamins B6, K, potassium, iron, and calcium. Bok choy has a crunchy texture that has a slight tangy cabbage taste. When cooked, it gets more tender and a more mellow flavor.

### TENDER GARLIC BOK CHOY RECIPE

- 1 tablespoon vegetable oil
  - 5 cloves minced garlic
  - 2 large minced shallots
  - 2 halved bok choy
  - 2 tablespoon soy sauce
  - 1 teaspoon sesame oil
1. Coat a large skillet with oil over medium-high heat
  2. Add garlic and shallots, stirring continuously for 1-2 minutes
  3. Add the bok choy, soy sauce, and sesame oil. Toss to coat.
  4. Cook for 1-2 minutes, stir then cook until tender (3-5 minutes more).
  5. Enjoy while hot!

### BOOKS TO READ:

There's a Cow in the  
Cabbage Patch by Stella  
Blackstone

The Cabbage Soup  
Solution by Erika Oller  
Have You Eaten Yet? by  
Cheuk Kwan