

Warehouse and the Sunday East End Market. You should check out the [East End Farmers Market](#) (near Ninfa's on Navigation) for a great Sunday stroll.



Farm News

**** Member tip ****

The trade basket is a great way to get the vegetables you want, but it's important to leave something behind in the basket. *Take one, Leave one* is the motto!

!!Media Alert!!

Last spring a student at UH make a series of videos about the farmers and the farms. Take a look at this beautiful one and enjoy ☺

<https://www.youtube.com/watch?v=m0VSQNdrQfU>

RECIPES

These are the most bountiful vegetables this week: Okra, Eggplant, Arugula, Sweet Potatoes, Radishes.

Stir-Fried Bok Choy with Ginger and Garlic

This is a recipe provided by the nutritionist a [Angela House](#), one of our members

1 tablespoon olive oil
2 cloves garlic, minced
1 tablespoon minced fresh ginger
8 cups chopped fresh bok choy
2 tablespoons reduced-sodium soy sauce
Salt and ground black pepper

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add bok choy and soy sauce cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender. Season, to taste, with salt and black pepper.

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<http://www.foodnetwork.com/recipes/robin-miller/stir-fried-bok-choy-with-ginger-and-garlic-recipe.html>

Mexican Mint Marigold



Mexican mint **marigold** has a lot to offer. It thrives in the hot, humid South, where many herbs languish; its small, bright flowers blossom in fall when other herbs have played out for the season; its licorice-anise flavor is a successful stand-in for French tarragon; and it looks good in the garden.

Lemongrass



There are two main ways to cook with lemongrass, and each determines how you handle it. To **infuse teas, broths, soups, and braising liquids**, trim off the spiky tops and the bases, crush the stalks with the side of a knife to release their aromatic oils, and then cut them into 1- or 2-inch pieces. Remove the pieces before eating (they tend to be woody) or eat around them.

To use lemongrass **in marinades, stir-fries, salads, spice rubs, and curry pastes**, trim the top and base of the stalks—you want to use only the bottom 4 inches or so. Then peel off any dry or tough outer layers before finely chopping or mincing. Lemongrass holds up to long cooking and gains intensity the longer it's cooked. If you'd like a strong lemongrass flavor, add minced lemongrass at the start of cooking, browning it along with the other aromatics. For a lighter, fresher lemongrass flavor, add it near the end of cooking

To store, wrap in plastic and refrigerate for two to three weeks, or freeze for up to six months.

Baby Bok Choy (Choi)



Baby Bok choy has 3"-4" inch long, green leaves with characteristic succulent white stems. The texture is tender and mild and is known as "White cabbage" in Asian countries. The petite Bok choy offers a sweeter flavor than the mature Bok choy with a taste comparable to Swiss chard.

See more at:

http://www.specialtyproduce.com/produce/Baby_Bok_Choy_4975.php#sthash.t0ICvJf7.dpuf

Roselle Pods (Hibiscus Pods)



This is a good site to learn about the health benefits, uses for and history of the Roselle pods.

<http://veganlogy.com/2012/08/02/roselle-health-benefits-recipes/>

BokChoy (Joy Choy)



Several members have asked about this vegetable and were not surprised to learn that it was bok choy. There are 33 varieties of bok choy (choi) and this one is called Joy Choy. It can be steamed, stir-fried, and braised. Use in soups, for ohitashi, and pickles.

Sylvetta Arugula



Also known as wild rocket. Compared to salad arugula, Sylvetta is slower growing, about half the height, and has yellow flowers. The leaves are also more deeply lobed with a more pungent flavor. Heavily sought after by chefs. Harvest the edible flowers as they appear. Sprinkle them over salads or add to vegetable stir-fries. Flavor is spicy and nutty. Popular choice for brightening up salad mix.