



# The Daisy News

Crazy Daisy CSA Farm

July 14, 2015

The baskets will once again feature mostly greens and lettuce, but the summer crops are really starting to pick up. Zucchini will be abundant soon, along with cucumbers, and beets. The stuff that takes a bit longer to grow is also looking awesome. Squash, tomatoes and melons are all growing on schedule, and looking really good.

In this week's basket you may get a bunch of pale pink radishes with deep pink centers. They're my favorite kind, they're called Watermelon or Beauty Heart. They take a little longer to grow than other varieties, but I think they taste better- even when they get really big.

While we wait for the summer crops to catch up, try this Bok Choy recipe for a taste of spring!

## **This Week's Basket May Contain:**

Lettuce mix  
Bok choy  
Kale  
Tatsoi

Kohlrabi  
Radishes  
Cucumbers  
Swiss chard

## **Spicy Bok Choy in Garlic Sauce**

Submitted By: Spyce

Servings: 4

"Bok Choy is one of my favorite vegetables. It has its own spiciness that is complimented by the sweetness of the sauce in this recipe. I like to serve this with grilled shrimp and steamed rice. For variety, I sometimes add a small amount of lemon zest just before serving."

### Ingredients:

1 pound bok choy  
1 tablespoon vegetable oil  
1 tablespoon sesame oil  
1/4 cup water  
1 teaspoon grated fresh ginger root  
2 cloves garlic, minced  
1 tablespoon oyster sauce  
1 tablespoon light soy sauce  
1 tablespoon brown sugar  
1/8 teaspoon crushed red pepper flakes  
(optional)

### Directions:

Trim off the ends of the bok choy and chop, keeping the white parts separate from the green as they will need to cook longer. Rinse and spin or pat dry. Set aside.

In a small bowl or cup, stir together the vegetable oil and sesame oil. In a separate larger bowl, stir together the water, ginger, garlic, oyster sauce, soy sauce, brown sugar and red pepper flakes. Set this aside.

Heat the oil in a large skillet or wok over medium-high heat. Add the bok choy stems first; stir fry for a few minutes or until the pieces start to turn a pale

green. When stems are almost cooked, add the leaves; cook and stir until leaves are wilted, 1 to 2 minutes. Remove from the heat and transfer the bok choy to a serving dish. Pour the sauce into the skillet or wok, and set over medium-high heat. Cook, stirring constantly, until sauce has thickened slightly, about 3 minutes. Pour over the bok choy and toss lightly to coat.

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