

Harvest of the Month



Network for a Healthy California

Baby Bok Choy

6,500 students in Western Nevada County will sample Baby Bok Choy from Fog Dog Farm this month through Sierra Harvest's Farm to School Program!

Fog Dog Farm

FogDog Farm is a 10 acre certified organic farm founded in 2016 by Kristen Draz and William Holland after many years of building our agricultural knowledge and skills on small farms. We are dedicated to creating a vibrant and resilient local foodshed in the Sierra Nevada foothills. We believe that small farms are an essential part of the health of our community and that good food is a right for all. We work to grow nutrient-dense food year round using low-till, ecological growing practices and we market our produce to local restaurants, co-operative grocery stores, and at our farmstand.

www.fogdogfarm.com



What a great CHOY-ce! Fun facts about Bok Choy:

- Bok choy is native to China, where it has been cultivated since the 5th century.
- Named for the white bulb at the base of the green leaves, "bok choy" means "white vegetable" in Cantonese.
- It is a key ingredient in traditional kimchi.
- The scientific name for bok choy is *Brassica rapa* subsp. *chinensis*.
- As a member of the brassica family, its cousins include cabbage, broccoli, and kale.



Baby Bok Choy Saute

Ingredients:

- 1 pound baby bok choy, rinsed and halved lengthwise
- 2 tablespoons olive oil or sesame oil
- 3 cloves garlic, minced
- 1 teaspoon grated fresh ginger (optional)
- 2 tablespoons soy sauce or tamari

Directions:

- Add baby bok choy cut in half to a skillet with garlic, oil, and ginger
- Cook over medium-high heat until they are slightly wilted
- Drizzle with soy sauce or tamari and cook to desired tenderness

Baby bok choy can be enjoyed raw in a salad, cooked in a soup or added to a stir fry. Or try it as an alternative to any way you'd use other greens such as spinach or kale!



A Brassica Family Reunion

Our Harvest of the Month tastings have been introducing us to a lot of members of the Brassica family lately! Can you name them all? Which one was your favorite? What a delicious- and nutritious- family!

Answers starting from the top left: Baby White Russian Kale, Red Radishes, Baby Bok Choy, Broccolini, and Arugula



A Healthy Choy-ce:

- Bok Choy is an excellent source of vitamins A, C, and K, and beta-carotene.
- It is also rich in antioxidants which help combat free radicals in the body.

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free/reduced school meals you
likely qualify for CalFresh, which
can help you afford healthy and
nutritious food:**

www.BenefitsCal.com