



# Chinese Cabbages

## THE ORGANIC BOX NEWS

Issue #61, September 5, 2011

We had plans this week to provide Sui Choy (otherwise known as Napa Cabbage) for everyone but we had some heavier than expected frost on Monday night so we have a mix of Sui Choy and Bok Choy to offer. Bok Choy is heartier with thicker growth and better resilience to colder weather. We'll see lots of Bok Choy this fall and then later local Kale for several months.

All of the Chinese Cabbage varieties we grow in Northern Alberta originate from mainland China near the city of Beijing. They were brought to North America in the 19<sup>th</sup> century and grow very well in our region, especially in the late summer and fall months.

Chinese cabbages are fat-free and low in calories, and are also loaded with vitamin C, vitamin K, calcium, and potassium. Among all the leafy greens and cabbages with exotic names, these are crunchy, leafy, green vegetables with a wallop of nutrition. Stalks can be eaten raw, but can also be boiled, steamed, or stir-fried, with the leaves separated from the stalks. You'll be surprised how quickly these vegetables can become a staple in your diet, even if you've never used them before.

### New Order Site

Our new site has been soft launched for 2 weeks now and we are grateful to everyone who has given it a try. We have collected feedback on usability with Apple devices and other smartphones and have made some changes to adjust compatibility. We will be running both sites in parallel for one more week and then retiring the old 'Choose Your Box' page just in time for October. Danny developed the old page in our kitchen on a Sunday afternoon in April 2010 and although it has served its purpose, I think he will be the only one sad to see it go!

We are grateful that with your support our product catalogue has grown to the point where more organization and search features were necessary to allow you to find the food you want. There is a survey to complete when you are finished to give us feedback on the new functionality.

The Organic Box  
3620 98 Street  
Edmonton, AB T6E 1G6

Tel: 780 469-1900  
Fax: 780 469-1971  
Email: [info@theorganicbox.ca](mailto:info@theorganicbox.ca)  
[www.TheOrganicBox.ca](http://www.TheOrganicBox.ca)

### Danny's Simple Stir Fry and Fridge Clear-out Recipe

- Chinese cabbage (Bok Choy, Sui Choy, etc.)
- Mushrooms
- Zucchini
- Broccoli
- Your favourite meat or tofu (firm is best)
- Anything else in the fridge you would like to use
- 2 eggs
- Rice or Noodles
- Oil (Canola, Grapeseed or Flax)
- Soy Sauce and/or Oyster Sauce

#### Preparations:

Clean and separate leaves from stems and other thicker vegetables. Cook meat and rice/noodle according to directions. Heat 5 tbsp of oil in a hot pan and add stems and other vegetables to the pan. Fry on high heat until tender. Add greens and cook. Add water to keep moist. Once the vegetables are cooked, add the meat/tofu and rice/noodles and soy or oyster sauce to taste. Stir and cook until hot and blended. Beat the eggs in a separate bowl and stir into to the stir fry right before removing from heat. Allow the eggs to cook and remove from heat. Let stand for 3-5 minutes and serve.

### Bok Choy Quiche Recipe

#### For Crust:

Look for a crust recipe that suits your fancy. Cut crust into a 10-inch circle and place into a prepared pie pan, fork it, and place in the oven to pre-bake for about 15 minutes.

#### For Filling:

- 6 organic eggs
- 1 cup organic 2% milk
- 1.5 cups, goat feta cheese
- 2 bunches of bok choy
- 1 large shallot, minced
- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper

#### Preparation:

Preheat oven to 350 degrees. Set aside the prepared crust. Beat the eggs and gradually add the milk. Mix in the next 4 ingredients until well incorporated. Add the salt and pepper, to your taste, and pour into prepared crust. Bake for 35-45 minutes, until the crust is a golden brown and the center is set. Cool 10 minutes before serving. Easy and delicious!