

# FREEZING FRUITS AND VEGETABLES

Can't finish all the produce in your box before they go bad?

If you're unable to finish the fresh produce within 3 to 5 days, try the following steps to freeze them before they go bad!

To freeze vegetables:

1. Wash veggies with running cold water and chop into your preferred shape
2. Place veggies in boiling water for 1-2 minutes.
3. Drain the water and dry veggies with a clean towel as much as possible
4. Lay veggies on a baking sheet until cool
5. Chill in the freezer until they are firm (at least 1 hour)
6. Transfer the frozen pieces to storage bags and seal well
7. Label the bag with date
8. Consume within 3 to 6 months for best flavor and nutrients!

The great thing about these produce boxes is that you're getting produce at their peak season- if you freeze them now, they will hold onto most of their nutritional value throughout the wintertime!



# 冷冻水果和蔬菜指南

不能够吃完你盒子里所有的产品在他们变坏之前?

如果您无法在 3 至 5 天内完成新鲜农产品, 请尝试以下步骤在它们变质之前将其冷冻!

冷冻蔬菜:

1. 用流动的冷水冲洗, 然后切成您喜欢的形状
2. 在开水中浸泡 1 到 2 分钟
3. 沥干水分, 尽量用干净的毛巾擦干
4. 将它们放在烤盘上直至冷却
5. 放入冰箱冷藏至变硬 (至少 1 小时)
6. 将冷冻的碎片转移到储存袋中并密封好以防止冷冻伤害
7. 在袋子上标上日期
8. 在 3 到 6 个月内完成以获得最佳美味和营养!

这些农产品盒的好处是您可以在旺季获得农产品——如果您现在将它们冷冻, 它们将在整个冬季保持大部分营养价值!



# 吃得好, 保持健康! Eat Well, Stay Healthy!



## 蔬菜聚光灯: 小白菜

## Vegetable Spotlight: Bok Choy



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# 白菜蒸肉饼 (4-5人份)

## Steamed Pork Patty

(serves 4-5)

### 食材

- 1 杯白菜，切片和焯水
- 14 盎司瘦猪肉
- 4 个香菇，切碎
- 1 束葱，切细
- 2 茶匙生姜，去皮和磨碎
- 2 茶匙白米酒
- 1 个中等大小的鸡蛋
- 1 汤匙低盐 酱油
- 2 茶匙芝麻油
- 少许盐和胡椒粉

### INGREDIENTS

- 1 cup sliced bok choy, sliced and blanched
- 14 oz ground lean pork
- 4 rehydrated shiitake mushrooms, minced
- 1 bunch scallions, finely sliced
- 2 tsp ginger, peeled and grated
- 2 tsp white rice wine
- 1 medium egg
- 1 tbsp low sodium soy sauce
- 2 tsp sesame oil
- Salt and pepper

### 做法步骤

1. 把所有的食材放在一个大盘子里并搅拌均匀。加1茶匙的食油并且撒上少许的盐和胡椒粉。
2. 在一个炒锅或锅里，煮3-4杯水。当水滚了，把盘子放在蒸盘上。盖上盖子蒸15分钟。
3. 15分钟后，撒上一些葱，再蒸1-2分钟。享用！

### INSTRUCTIONS

1. In a large plate, add all the ingredients and mix well. Add 1 tsp of cooking oil on top and sprinkle a pinch of salt and pepper.
2. In a wok or pot, boil 3-4 cups of water. Put the plate in on a steaming tray when the water boils. Cover and steam for 15 min.
3. Sprinkle extra scallions on top and steam for another 1-2 min.



### 厨师的小贴士



使用低钠酱油是减少盐/钠摄入量的好方法。将1份普通酱油、1份老抽和2份水混合制成您自己的酱油！

### CHEF'S TIP

Using low sodium soy sauce is a good way to decrease salt/sodium intake. Make your own by combining 1 part regular soy sauce, 1 part dark soy sauce, and 2 parts water!