

Grocery Shop Online

With COVID-19, you might be reluctant to go outside for your groceries. Thankfully, you can purchase your favorite Asian groceries online and have them delivered right to your door! Here are a few of the best online Asian grocery stores:

1. Weee!

- No shopping fees or subscription costs, plus free delivery on orders over \$35!

2. Umamicart

- An online craft food platform that specializes in fresh produce, frozen meat and fish, and more!

3. YAMI

- Shop for groceries as well as for beauty, health, kitchen, and home products. Free shipping on orders over \$49!

白萝卜 White Radish

季节：5月到6月

Season: May-June

热量低，有助于减肥

Low in calories which can help with weight loss

PER 100 GRAMS: 每 100 克

18 calories	0.6g protein	18 卡路里	0.6g 蛋白质
0.1g fat	1.6g fiber	0.1g 脂肪	1.6g 纤维
4.1g carb		4.1g 碳水化合物	



网络杂货店

目前的COVID-19，您可能不乐意外出购买杂货。值得庆幸的是，您可以网络购买您最喜欢的亚洲杂货并将它们送到您家门口！以下是一些最好的亚洲网络杂货店：

1. Weee!

- 没有购物费用或订阅费用，超过 \$35 的订单免费送货！

2. Umamicart

- 一个专注于新鲜农产品、冷冻肉类和鱼类等的网络工艺食品平台！

3. YAMI

- 购买杂货以及美容、健康、厨房和家居产品。订单满 \$49 免运费！



与其他类型的萝卜相比，具有更辣和更浓郁的味道

Has a spicier and stronger flavor compared to other types of radishes

维生素 C 的良好来源，有助于增强免疫力，预防疾病和感冒

Good source of vitamin C to boost immunity and prevent illness and infection

吃得好，保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯： 白萝卜

Vegetable Spotlight: White Radish



This resource is supported by the National Institutes of Health, National Institute of Minority Health and Health Disparities grant 2U54MD000538-15 and by funding from the BMS Foundation.

白萝卜汤 (4人份)

White Radish Soup

(serves 4)

食材

- 2个大鸡腿
- 1个白萝卜，去皮切碎
- 8个干红枣，用热水浸泡
- 1汤匙枸杞
- 6杯水
- 适量的黑胡椒和白胡椒，调味
- 适量的盐

INGREDIENTS

- 2 large chicken legs
- 1 white radish, peeled and chopped
- 8 dried red dates, soaked in hot water
- 1 tablespoon goji berries
- 6 cups water
- Black and white pepper, to taste
- Salt, to taste

做法步骤

1. 将鸡肉洗净，切成小块。将鸡放入一锅沸水中焯一下，然后放在一边。
2. 将 6 杯水倒入锅中并煮沸。加入萝卜、鸡肉、红枣和一小许白胡椒。煮沸之后，继续煮 15 分钟。然后把火调低，盖上盖子，炖 1 小时。
3. 加入枸杞，再炖一小时。用少许黑胡椒和盐调味。享受!

INSTRUCTIONS

1. Wash the chicken meat and chop into smaller pieces. Blanch the chicken in a pot of boiling water then set aside.
2. Pour 6 cups of water in a pot and bring to a boil. Add the radish, chicken, red dates, and a pinch of white pepper. Bring to a boil and let boil for 15 min. Then bring the heat down to low, cover, and let simmer for 1 hour.
3. Add goji berries and simmer for another hour. Season with a pinch of black pepper and salt. Enjoy!



健康小贴士



枸杞富含维生素 C、纤维、铁和维生素 A 等营养物质。它们也是蛋白质和抗氧化剂的重要来源。将它们添加到汤、甜点中或生吃都可以!

HEALTH TIP

Goji berries are rich in nutrients such as vitamin C, fiber, iron, and vitamin A. They are also a great source of protein and antioxidants. Add them to soups, desserts, or eat them raw!