



Old Home Week 2017 “What do I do with a veggie box?”

Alexander Fresh Vegetables

And Chef Glynis Middleton present:

Stir fry: veggie-box-style!

Fried rice

To use up leftover rice and veggies, warm them up in a pan. Once warm, crack an egg over top and stir till the egg is cooked.

Voila, comfort food encore!

Alexander Fresh Vegetables is owned by Sandy MacKay.

Alexander Fresh Vegetables are available at the New London Community Centre, at the farm Gate, at the Farm Centre Farmers Market.

Sandy offers on-farm experiences through Experience PEI.

Stir Fry

Cabbage
Zucchini
Carrots
Peas
Peppers
Whatever!

Chop up veggies, fry in oil over medium heat for a few minutes. Use a bit of salt to bring out the flavours.

Add two tablespoons of water and steam for a few minutes, until the hardest veggies are tender-crisp.

Add a splash soy sauce, a drizzle of sesame oil and a drizzle of hot sauce and toss.

Serve over rice.

For some protein, cook an egg and serve over top or add some cubed tofu to the veggies.

Community Supported agriculture or CSA is when a group of customers commit at the start of the season to a farmer – this allows a steady supply of fresh food for customers and a secure market for farmers!