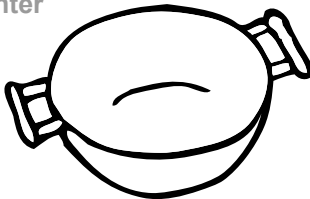


Stir Fry

Can be made anytime.

Check for availability of Farm veggies



1. Harvest vegetables from the garden. The available vegetables will depend upon the season of the year that you are cooking stir fry.

onions	leeks	greens--mustard, collard, cabbage
Swiss chard	broccoli	cauliflower
cabbage	beets	carrots
squash	pumpkins	potatoes
Jerusalem artichokes	celery	tomatoes
beans	bell peppers	garlic

2. Wash vegetables.



3. Cut vegetables into small pieces OR tear into small pieces. Remember knife safety!

4. Add 1 Tablespoon oil to electric wok. Heat until hot.



5. Add onions and garlic first. Cook about 5 minutes or until onions are clear.

6. Add other vegetables--longer cooking ones first. Add leaves last. Cover with the top.

7. Add 2 Tablespoons soy sauce. Stir.



8. Cover with wok lid to steam vegetables. As vegetables shrink, you may want to add more.