RECIPE
Chinese Broccoli

Ingredients:
- 1 bunch Chinese broccoli trimmed
- 2 tablespoons white sugar
- 1 tablespoon cornstarch
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 3 tablespoons hoisin sauce
- 1 teaspoon minced fresh ginger root
- 2 cloves garlic, minced loose garlic bulbs

Preparation:
Bring a large pot of lightly salted water to a boil. Add the Chinese broccoli and cook uncovered until just tender, about 4 minutes. Drain and set aside.

Meanwhile, whisk the sugar, cornstarch, soy sauce, vinegar, sesame oil, hoisin sauce, ginger, and garlic together in a small saucepan over medium heat until thickened and no longer cloudy, 5 to 7 minutes. Toss the broccoli in the sauce and serve.

Highlight of the Month

The very first day of March, the garden started out with a kick. We were able to harvest over 35 bags of fresh produce featuring all types of leafy greens for our community! We also had volunteers ranging from community residents to University of South Florida students, and corporate teams such as Florida Blue.

Our Lead Volunteers, those who consistently volunteer with us, shared with us some awesome transformation stories. One volunteer in particular attributed her weight loss to the leafy greens she receives from the garden. She uses the produce to make green smoothies and live a healthier lifestyle. The garden is growing in diversity with the produce we provide and with the volunteers that continue to share their time, growth, and love with us.

What's Growing in the Garden

Basil
Broccoli
Spinach
Lacinato Kale
Siberian Kale
Purple Kale
Collard Greens
Arugula
Curly Leaf Kale
Eggplants
Carrots
Swiss Chard Cabbage
Jalapenos
Green Onions
Tomatoes

Join us in the garden! Volunteer every Friday from 9:00 - 11:00 AM and take home fresh produce! For more information, contact Erica Nelson at (813) 558-5212 x 203 or enelson@uacdc.org

Harvest Hope Community Garden

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