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# FOR IMMEDIATE RELEASE

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## Lakeside Unveils New Line of Organic Asian Vegetables at OPS

*Lakeside Organic Gardens, the 100% solely organic vegetable grower based in Watsonville, Calif., is excited to announce an exquisite new collection of organic Asian commodities added to their lineup of over 50 organic vegetables committed to improving health and well-being for both people and planet.*

On July 10-11, Lakeside Organic Gardens will debut their new organic Asian vegetables at the annual OPS event in Monterey, Calif. Lakeside's dedication to quality and sustainability ensures each vegetable is as nutritious as it is delicious. "We are proud of these new Asian commodities and we look forward to sharing them," said Dick Peixoto, owner and farmer of Lakeside. Join a culinary adventure through traditional Asian cuisine with these seven unique offerings, with meal ideas to inspire everyone, from food enthusiasts to everyday cooks, and approved by kids worldwide. Gear up for stir-fries, soups, salads, slaws, and more.

**Red Napa Cabbage:** Transport to vibrant markets with the crisp and crinkled texture of Red Napa Cabbage. Slightly sweeter than its green counterpart, this versatile vegetable shines in dishes like **Red Napa Kimchi**, **Sweet and Spicy Red Napa Tacos**, and **Crispy Red Napa Slaw**. Or try it in a **Red Napa Cabbage and Apple Coleslaw** for a refreshing twist.

**Gai Lan (Chinese Broccoli):** With tender stems and leaves, Gai Lan offers a slightly earthy flavor that is a staple in Asian cooking. Available year-round, it's perfect for recipes like **Gai Lan with Garlic Oyster Sauce**, **Stir-Fried Gai Lan and Beef**, and **Steamed Gai Lan with Sesame Dressing**. For a unique idea, try **Gai Lan and Cheese Quesadillas**.

**Korean Radish:** Experience the crisp texture and mildly peppery, sweet flavor of Korean Radish. Ideal for pickling, soups, and salads, this vegetable is rich in vitamin C and fiber. Try it in **Spicy Korean Radish Salad (Mu Saengchae)**, **Korean Radish Soup (Muguk)**, or **Quick Pickled Korean Radish**. Combine **Korean Radish and Tuna Salad** for a delightful, refreshing crunch.

**Baby Pac Choi:** Enjoy the mildly mustard-like flavor of Baby Pac Choi. With its crisp stalks and tender leaves, it's perfect for both cold and hot dishes. Enhance meals with **Baby Pac Choi and**

**Mushroom Stir-Fry, Garlic Baby Pac Choi Soup, or Pac Choi Slaw with Ginger Dressing.** For a simple, fusion dish, try **Grilled Baby Pac Choi with Breadcrumbs, Lemon and Parmesan.**

**Choi Sum:** Delicate yet flavorful, Choi Sum boasts a mild, slightly sweet taste. Its juicy, crunchy stalks and tender leaves are perfect for stir-fries, steaming, or blanching. Inspire meal plans with **Garlic Choi Sum Stir-Fry, Blanched Choi Sum with Soy Sauce, or Choi Sum and Chicken Soup.** For an easy weeknight dish, try making **Choi Sum and Chicken Pasta.**

**Mizuna:** Often likened to arugula, Mizuna's delicate peppery flavor makes it a standout in salads, stir-fries, and soups. Create dishes like **Mizuna and Citrus Salad, Mizuna and Tofu Stir-Fry, or Mizuna Miso Soup.** For a fusion approach to a classic try **Mizuna Pesto Pasta.**

**Komatsuna:** Resembling spinach, Komatsuna features tender leaves with a slight mustard-like flavor. Enjoy it raw, sautéed, or lightly steamed. Try it in **Komatsuna and Sesame Salad, Sautéed Komatsuna with Garlic, or Komatsuna and Chicken Stir-Fry.** For a comfort dish, make **Komatsuna and Potato Gratin.**

This exciting addition will inspire food enthusiasts and diversify produce offerings in stores nationwide. Embrace the authentic flavors and rich nutrition of Lakeside Organic Gardens' new Asian vegetable line. Items are fully tagged with UPCs and meticulously packaged, ensuring they are shelf-ready and meet the highest standards of freshness and food safety. To purchase, call 831-761-8797 or visit [lakesideorganic.com](http://lakesideorganic.com) for our full line of 50+ organic vegetables.

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### **About Lakeside Organic Gardens**

Lakeside Organic Gardens is dedicated to growing and delivering the highest quality organic vegetables. With a focus on sustainability and innovation, Lakeside strives to bring wholesome, delicious produce to table, every season of the year.

Website: [lakesideorganic.com](http://lakesideorganic.com)

**Rediscover the flavors of tradition with Lakeside Organic Gardens.**

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