

Bok Choy

**Bok choy comes in two sizes—
full-size (mature)
and baby.**

**Mature bok choy is about 16 inches
from the base to the tip of the leaves.
Baby bok choy is about 7 inches high.**



**BOK CHOY
FACT**

1

GARDEN STATE ON YOUR PLATESM
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Bok Choy

There are two different types of baby bok choy.

White-stalked baby bok choy has crinkly, dark green leaves and a sweet, mild flavor. Shanghai baby bok choy has a more mineral flavor and pale green stems and leaves. It is also known as green-stem bok choy.



**BOK CHOY
FACT**

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Bok Choy

Baby bok choy is more tender than mature bok choy. It is often cooked and served whole or halved.



**BOK CHOY
FACT**

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Bok Choy

Bok choy is a member of the cabbage family. It has a crunchy stem and tender leaves and is also called bok choi, Chinese white cabbage, pak choy, pak choi, and white mustard cabbage.



**BOK CHOY
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Bok Choy

Bok choy does not form a head like many cabbage varieties do. It forms a cluster of stems, similar to celery.



**BOK CHOY
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Bok Choy

Bok choy can be eaten raw or cooked. It can be cooked many ways, including sautéing, grilling, steaming, roasting, and stir frying.



**BOK CHOY
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Bok Choy

Bok choy has been grown in China for centuries, where it is used in soups, stir fries, and other dishes.



**BOK CHOY
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Bok Choy

**Bok choy is packed
with nutrients!**

**It is an excellent source of vitamin A,
which aids in cell growth and development,
fighting off diseases, and good vision.**

**Bok choy is also a good source of
Vitamin C and Vitamin K, which is
important for healthy bones.**



**BOK CHOY
FACT**

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Bok Choy

The base of each juicy, fleshy stalk of bok choy is shaped like a spoon, which is why it is sometimes called spoon cabbage!

The texture of the stalk is similar to celery, but without the stringiness.



**BOK CHOY
FACT**

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Bok Choy

Baby bok choy grows close to the ground, so dirt often gets trapped between the stalks.

Rinse baby bok choy well before cooking by cutting each head in half and swishing it in several changes of water. Shake well to dry or spin in a salad spinner.



**BOK CHOY
FACT**

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