

Bok Choy





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SHOPPER'S TIPS

- Look for thick, full, firm, white stalks with shiny, dark green leaves. Baby bok choy will have light green leaves.
- Avoid bok choy with yellowing or wilted leaves, slimy spots, or bruised stalks.

FUN FACTS!

- In Chinese, bok choy means “white vegetable.”
- Although it looks like romaine lettuce or celery stalks, bok choy is actually a type of cabbage.

WHAT IS IN IT FOR YOU?

One cup of cooked bok choy is:

- An excellent source of vitamin A, vitamin C, and vitamin K.
- A source of iron, calcium, vitamin B6, folate, and potassium.

SERVING IDEAS

- Stir-fry bok choy with a variety of colorful vegetables and serve over a bed of brown rice.
- Cook bok choy in low-sodium chicken broth to add extra flavor.

PEAK SEASON

California grown varieties, available from late winter to early summer, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store bok choy in the refrigerator for up to two weeks.