

# Bok Choy



# Bok Choy Facts

- *Bok choy* is also called Chinese cabbage and *pak-choi*.
- *Bok choy* has been grown in China for over 6,000 years.
- It is related to the cabbage family.
- The plant has white stems with smooth dark green leaves.
- The stalks of *bok choy* resemble celery without the stringiness.
- The dark green leaves are similar to Romaine lettuce.
- *Bok choy* does not form a head like cabbage but instead forms a cluster of stems similar to celery.
- It has a light, sweet flavor and crisp texture.
- Have you ever heard of baby *bok choy*? (*It is a miniature version of bok choy and more tender. Baby bok choy is often cooked whole and served as an appetizer.*)
- *Bok choy* can be eaten raw or cooked but most often it is cooked.
- *Bok choy* is used in soups and stir fries.
- It is commonly used in Chinese cooking.
- *Bok choy* is an excellent source of vitamins A and C. (*Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.*)
- One cup of raw *bok choy* contains only 10 calories.

