



Bok Choy

Growing & Harvest Info

Bok choy grows best in the cool days of fall and early spring. Plant it 1/2 inch deep in an area with full sun, 6-12 inches apart. Be sure to keep the soil moist. Bok Choy is ready for harvest when it is about 6 inches or taller.

Cut off the plant at soil level when harvesting bok choy for the whole plant. Sometimes, a few smaller leaves will sprout from the crown if it is left in the ground. You can also just cut off the leaves that you will use at one time and let the rest grow on.

Note: Immature plants provide the sweetest, most tender leaves and stems.

Nutritional Benefits

Source	Rating
Vitamins	EXCELLENT
Minerals	GOOD
Fiber	MODERATE

Introduction

Bok choy, sometimes called Chinese cabbage, is a member of the Brassica family. The leaves and stems have a mild, slightly mustard flavor and can be eaten either raw or cooked. Traditional Chinese medicine treats it as a medicinal plant and recommends it for stomach or intestinal aches.

Preservation

Storage:

- Store bok choy in a loose or perforated bag in the refrigerator. Do not wash bok choy before storing it in the refrigerator, as excess moisture will promote spoilage.

Freezing:

- Blanch bok choy by boiling it in a large pot of water for 2 minutes over medium-high heat.
- Transfer bok choy to bowl of ice water. Let soak until cool to the touch. Drain & pat dry. Let the bok choy air-dry if necessary before transferring it to a baking sheet and placing it in the freezer until leaves are firm. Once bok choy is frozen, transfer to airtight containers or resealable freezer bags for up to a year.

Canning:

- Make sure to use a pressure canner and follow correct processing times. The National Center for Home Food Preservation is a good resource for instruction https://nchfp.uga.edu/how/can4_vegetable.html

For more information on canning visit: www.freshpreserving.com

Vegetable state	Use by
Raw	5 days
Frozen	1 year
Canned	1 year



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Preparation

Recipe 1: Stir-fried Bok Choy with Ginger & Garlic

Ingredients

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 Tbsp minced fresh ginger
- 8 cups chopped fresh bok choy
- 2 Tbsp reduced-sodium soy sauce
- Salt and ground black pepper

Directions

- Heat oil in large skillet over medium heat
- Add garlic and ginger and cook 1 minute
- Add bok choy and soy sauce and cook 3–5 minutes, until greens are wilted and stalks are crisp-tender
- Add salt and pepper to taste

Recipe 2: Crunchy Bok Choy Slaw

Ingredients

- 1/4 cup rice vinegar
- 1 Tbsp toasted sesame oil
- 2 tsp sugar
- 2 tsp Dijon mustard
- 1/4 tsp salt
- 6 cups very thinly sliced bok choy
- 2 medium carrots, shredded
- 2 scallions thinly sliced

Directions

- Whisk vinegar, oil, sugar, mustard and salt in a large bowl until sugar dissolves
- Add bok choy, carrots, and scallions
- Toss to coat with the dressing

Compounds from bok choy can prevent development of certain types of cancer and reduce blood cholesterol level.

Prepare Bok Choy Like This:

Baked	Raw
Boiled	Roasted
Grilled	Sautéed
Microwaved	Slow-Cooked
Pickled	Steamed

Try Bok Choy In:

Fried Rice
Salads
Sandwiches
Soups
Stir-Fries