



# Bok Choy

## Growing and Harvest Information

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.

## 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](https://nchfp.uga.edu/how/can4_vegetable.html)

## Nutritional Benefits

Source	Rating
Vitamins	EXCELLENT
Minerals	GOOD
Fiber	MODERATE

## Use By Guide

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



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## Fun Fact:

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

## Try Bok Choy In:

Fried Rice  
Salads  
Sandwiches  
Soups  
Stir-Fries

## Prepare Bok Choy

### Like This:

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

## Preparation

### Recipe 1: Stir-Fried Bok Choy with Ginger and 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