

Bok Choy



Selecting

Bok Choy, sometimes referred to as Chinese Greens, is available in three main types: regular, baby or Shanghai. Regular and baby Bok Choy have white stems, dark green flat leaves on a slightly bulging base. Shanghai Bok Choy is green all over.

When selecting Bok Choy, look for crisp stalks and dark green, fresh looking leaves.

Storing

Bok Choy can be stored up to 5 days in the refrigerator crisper wrapped tightly in a plastic bag.

Preparing

Bok Choy requires a thorough washing. Remove the root and separate the stalks. Soak in a large bowl filled with cold water. Swish the stalks in the water and then rub the greens with your fingers to remove any dirt. Change the water a few times until the water is clean.

Seasonality

Bok Choy is available all year.

Nutrition

Bok Choy is an excellent source of both Vitamin A and C.



Try this recipe with your Bok Choy!

www.halfyourplate.ca/recipe/bok-choy-udon-noodle-bowl/

