



Bok Choy

Produced by:



— THE LAND —
CONNECTION

Fun Facts:

- Bok choy (also known as bok choi, bak choy, or pac choy) is a traditional variety of Chinese cabbage and is one of the most popular vegetables in China, where it has been cultivated for more than 5,000 years.
- The name bok choy translates to “white vegetable” in Cantonese.

Nutrition Information:

- Bok Choy is an excellent source of vitamins A, C, and K and a good source of folate, vitamin B6, and calcium.
- Bok Choy is low in saturated fat and cholesterol and has an incredibly high nutrient density.

Preparation:

- Fill a sink or bowl with cold water, dunk the head of bok choy upside down several times, and then lightly shake and let dry. You can also break the leaves off of the head, rinse them individually under cold running water, pat the leaves with a towel, and then let them dry.
- Either method of cleaning is fine as long as you remove any soil from between the leaves and rinse off any garden pests.

Cooking:

Learn more at www.thelandconnection.org

Raw: slice or chop the stems and leaves and add to salads, slaws, or tacos.

Toss the chopped leaves into soups, hot noodle dishes, or steamed rice.

Steam: place the whole leaves in a pot with a steamer basket over an inch of boiling water, cover, and cook for 2-5 minutes or until the leaves are tender. The leaves will cook first so you can remove the stems from the leaves and steam them separately if you want.

Sauté: toss the whole leaves into a skillet or sauté pan with some sesame oil and cook over medium heat for a couple of minutes until the leaves wilt. Stems and leaves can be sautéed separately for more even cooking.

Stir-fry: separate the bok choy stems and leaves, place the stems in a hot pan with some oil and other vegetables, and cook until everything is tender and golden brown. Add the leaves at the end. Serve with noodles or rice.

Grill: take whole leaves (the bigger the leaves the better) and lightly brush them in a mixture of sesame oil and lemon juice. Place leaves around the edge of your grill (you don't want them over direct heat) and grill them until they have some nice char marks, about 3-4 minutes on each side. You can also grill heads of bok choy that have been cut in half lengthwise.

Storage:

- Wrap bok choy in a damp towel or put it in a plastic bag and place it in the crisper drawer of the refrigerator. Bok choy leaves will lose integrity and wilt if allowed to dry out, so replace the paper towel as needed. Store it for up to 1 week.