Bok Choy

What am I?

Bok choy is a vegetable that has green leaves and white ribs that resemble a stalk of celery. The entire plant can be eaten raw or cooked.

How do I grow?

- Bok choy grows directly out of the soil.
- Bok choy season in Wisconsin is June through October.
- Look for perky, green leaves without yellow or brown spots.

Nutrition Facts

Bok choy is rich in vitamins A and C, as well as antioxidants which help protect the body from cancer and disease. Enjoy Bok choy in stir-fry and be sure to add ginger, garlic, mushrooms and other veggies.

Fun Facts

- Bok choy is also known as Chinese white cabbage.
- It belongs to the same family as broccoli, Brussel sprouts, cabbage, and cauliflower.

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent