

Bok Choy



Selection

Look for crisp, bright green leaves and a firm, white stem.

Avoid wilted, broken, or spotted leaves, limp stalks, and discoloration.

Uses

Bok choy has a mild, earthy flavor. All parts of the plant can be eaten, including the leaves and stalks.

It can be served raw or cooked in soups, side dishes, or salads. To prepare, chop off enough stalk before washing so that it can be thoroughly cleaned, including in between all leaves and stalks.

Try It!



EASY BOK CHOY STIR-FRY

Ingredients

- 1 tablespoon vegetable oil
- 2 garlic cloves, chopped
- 1 shallot, chopped
- 1 pound baby bok choy, rinsed, cut into quarters, with core intact
- 1 tablespoon reduced-sodium soy sauce

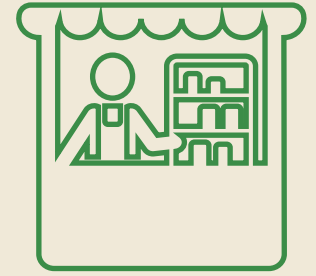
Instructions

1. Heat oil in a large skillet or wok over medium-high heat.
2. Add garlic and shallot and cook, stirring, until fragrant, about 30 seconds.
3. Add bok choy, soy sauce, and 2 Tbsp water and cover immediately. Cook 1 minute.
4. Uncover and toss, then cover and cook until bok choy is tender at the core, about 3 more minutes.

History & Fun Facts

Bok choy has been served for thousands of years as a staple in Asian cooking. The Chinese have been cultivating the vegetable for 5,000 years.

Also referred to as pak choi, Bok choi, or pak choy. Often confused for celery, bok choy is actually a member of the cabbage family. There are many kinds of bok choy that vary in color, taste, and size, including tsai and joi choi.



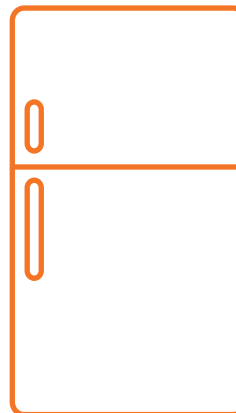
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Like most leafy greens, store in the crisper drawer in a loose or perforated bag.
- For optimal freshness, don't wash until you are ready to use. Unused parts will stay fresh up to 6 days in the refrigerator.
- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.



NUTRITION FACTS

Fat free

Low in Calories

Good source of Calcium

Good source of Potassium

High in Vitamin C and K



Photo by Jodie Morgan on Unsplash

Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <http://simple-nourished-living.com>

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