



CSA Harvest Information



# Bok Choy

## What is Bok Choy?

Part of the cabbage family, this traditional Chinese green stands out for its nutrient richness. Bok choy is a great source of 21 nutrients, including omega-3s and zinc, an antioxidant mineral. It is characterized by distinct individual leaves that cluster together much like celery stalks.

A serving size of at least 1 1/2 cups will provide a great amount of the vegetables health benefits.



Bok choy is a perfect vegetable because of its quick preparation, enjoyable and easy-to-chew texture, milder and somewhat sweet taste, and versatility in recipes.

## Cooking Tips

Unlike some of the other cruciferous vegetables, you can consume virtually all parts of bok choy without much

trimming or worrying about problematic textures or cooking times.

Chop leaf portion into 1/8" slices and the stems into 1/2" lengths for quick and even cooking.

To get the most health benefits from bok choy, let sit for a minimum of 5 minutes before cooking. Sprinkling with lemon juice before letting them sit can further enhance its beneficial phytonutrient concentration.

An easy way to prepare bok choy is to sauté. Heat 5 Tbs. of vegetable or chicken broth, or water, in a stainless steel skillet. Once bubbles begin to form add bok choy stems on the bottom of the pan and the leaves on top, cover, and sauté for 3 minutes.

## Choosing & Storing Bok Choy

Look for bok choy with firm, bright green colored leaves and moist hardy stems. Warm temperatures will cause it to wilt and will negatively affect its flavor, so be sure to keep it cool. The leaves should look fresh, be unwilted, and be free from signs of browning, yellowing, and small holes.

To store, place bok choy in a plastic storage bag removing as



much of the air from the bag as possible. Keeping bok choy cold will keep it fresh and help it retain its vitamin C content. Put the whole head in a plastic bag in the crisper of your refrigerator. Bok choy will keep for about 1 week if properly stored.

## When you get home

Our favorite way to clean greens is to fill a clean sink or large bowl with cold water, and submerge the leaves completely. Swish the leaves around gently with your hands, then let them soak for a few minutes. This will allow any sand and grit to sink to the bottom.

Scoop leaves up then drain in a colander or a salad spinner.

Repeat this process until there's no sand at the bottom of the bowl or sink.

For lots of Bok Choy recipes, visit our Pinterest board:

<https://www.pinterest.com/wickhamfarms/csa-recipes-bok-choy/>

