

BOK CHOY



Bok choy is a leafy vegetable from the Brassicaceae family, native to China. Recognizable by its long, crisp white stems and tender green leaves, it appeals with its delicate flavor, which is mild, slightly peppery, and sweet. Versatile, it can easily be added to stir-fries, soups, or salads.

AVAILABILITY AND PROVENANCE

✓ PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

UNITED STATES



QUEBEC



TARGET CUSTOMER: ASIAN

OPTIMAL TEMPERATURE FOR CONSERVATION

0°C- 2°C for 5 - 7 days

PURCHASE GUIDE

Look bok choy with firm and crisp stalks with vibrant green leaves. Avoid bok choy with wilting or yellowing leaves, as this indicates it may be less fresh.

CONSUMPTION

To enjoy bok choy, start by separating the stalks from the leaves. The stalks can be stir-fried, sautéed, or added to soups, while the tender leaves can be eaten raw in salads or lightly cooked.

NUTRITIONAL VALUE

Light and hydrating, bok choy provides fiber, vitamins A, C, K, and B9, as well as calcium, potassium, and a little iron. Rich in antioxidants, it supports cellular health and immunity.

