



*Because Life Should Be Beautiful™*

## **Bok Choy**

If you frequent your local Chinese supermarket, you will certainly have come across bok choy. It is worth making a trip to a local China Town. This is one of my favorite vegetables for all around eating. In English it should correctly be called Chinese celery cabbage and its thick stalks, joined at the end in a small root, are vaguely celery like. Its leaves on the other hand, are generally large and spoon shaped. There are many different species of this vegetable, and smaller specimens more like the tops of radishes and have small slim stalks.

Plant in succession for a constant supply and in a sunny location with good drainage. Average water.

At harvest time, the leaves should be a nice green and stalks should be crisp.

For preparing and cooking, break apart the stalks, rinse then cut both stalks and leaves into thick or thin slices. These can be stir fried with garlic and onions, or cooked and served as you would chard. It has a pleasant flavor, milder than mustard greens, yet more bite than Chinese cabbage.

Bok choy should be refrigerated in an airtight container for no more than 3 to 4 days.