



Cabbage, Bok Choy

- Bulb-like base with thick white stalks and large, dark green leaves.
- Bok choy's mild flavor is similar to cabbage; the texture is tender-crisp.
- Bok choy is normally cooked (stir-fried as a side dish or added to soups.)

Purchasing Specifications

Availability:

Year round

Growing Regions:

Mexico, USA

Receiving Information:

- Good quality bok choy should exhibit clean, crisp stalks and fresh-looking leaves. Avoid wilted or significantly discolored product.

Storage/Handling:

- Wilting: Bok choy is susceptible to wilting if stored in an area with low humidity. For best quality, maintain humidity level.

- Yellowing: Bok choy is sensitive to ethylene; exposure to the gas may cause yellowing and loss of green color. Damage from ethylene is increased if bok choy is stored in a warm area. To prevent damage from ethylene gas, keep bok choy away from ethylene-producing fruits and ripening rooms. Maintain proper storage temperature.
- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: Ok
- Mist: Yes

Nutrition Facts

Serving Size: 1 cup, shredded Chinese Cabbage (bok choy), raw

Amount Per Serving

Calories 9	Fat Calories
	% Daily Value*
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 46 mg	2%
Total Carbohydrates 2 g	1%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	2%
Potassium 176mg	4%
Vitamin A 22%	Vitamin C 42%
Calcium 7%	Iron 3%