

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

Bok Choy is a part of the Cabbage family, with a white stem and dark green leaves, it is often compared to that of romaine lettuce and celery. There are several varieties, including both baby and mature bok choy.

## HOW DO I GROW?

This leafy produce is traditionally planted in the Spring & Fall, and while it is tolerant to both frost & high temps, it thrives in a middle range (50°F -85°F). It is typically harvested when it reaches 12-18 inches tall.

## NUTRITION FACTS

Bok Choy is packed with nutrition, containing both vitamin A & C. These aid in immunity & development, while helping the body create collagen, a key component for strong muscles & bones.

## BOK CHOY



## FUN FACTS

Bok Choy is also called Chinese Cabbage, and has been grown in China for over 6,000 years!