



Harvest of the Month

Bok Choy

Nutrition Information

- Bok choy is packed with vitamin A.
- Bok choy provides vitamin K, vitamin C, and fiber.
- Bok choy also contains minerals like calcium and potassium.

Selection and Storage

- Choose bok choy with firm, crisp stalks and bright green leaves.
- Avoid bunches with yellowing, wilted, or slimy leaves, or stalks that look soft or cracked.
- Smaller bok choy is usually more tender and mild in flavor.
- Store unwashed bok choy in the refrigerator, ideally in the crisper drawer, loosely wrapped or in a perforated bag.
- Bok choy keeps best when used within 3–5 days.

Fun Facts

- Bok choy is one of the world's oldest cultivated leafy greens, first grown in China thousands of years ago.
- It belongs to the brassica family, the same group of vegetables as cabbage, broccoli, and kale.
- In traditional Chinese culture, bok choy symbolizes prosperity and good fortune and often appears in celebratory meals.
- Bok choy is sometimes called a "cut-and-come-again" vegetable because you can harvest outer leaves while the inner plant keeps growing.
- Washington's cool spring weather is well-suited for growing bok choy, which likes mild temperatures and grows quickly, often in just 45–60 days.



Recipes*

- [Bok Choy Wrappers](#) – ICN Recipe Box
- [Roasted Fish Crispy Slaw Wrap](#) – ICN Recipe Box
- [Spring Rolls](#) – ICN Recipe Box
- [Green Curry with Vermont Vegetables](#) - Vermont FEED
- [Pad Thai](#) - Vermont FEED
- [Super Green Spaghetti](#) – Vermont FEED
- [Vegetables and Turkey Stir-Fry](#) – Food Hero

*As a reminder, the sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.



Educational Resources

- [What Do I Do With Leafy Greens?](#) – USDA WIC Works Resource System
- [Collard Greens and Bok Choy Week 1: What’s the Cabbage Family? \(English\)](#) ([Spanish](#)) (Page 62) – Farm to Preschool Harvest of the Month Curriculum, Urban & Environmental Policy Institute, Occidental College

Sourcing

- Use the [Washington Food and Farm Finder](#) to find bok choy and other seasonal foods from local producers. Check out the [WSDA Finding Farms](#) webpage for other resources.
- If bok choy isn’t available in your area: Substitute other locally grown vegetables in season, such as cabbage, kale, chard, spinach, or overwintered brassicas.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

HOM are suggestions for what our sponsors can showcase. However, please look at these other [Harvest of the Month Materials](#) to see if another item better fits the needs of your organization.

For more ideas about what items you could feature as a Harvest of the Month, refer to WSDA’s Washington State seasonality charts:

- [Vegetables & Legumes](#) | [Vegetales y Legumbres](#)
- [Fruits & Herbs](#) | [Frutas y Hierbas](#)

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