



## 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.
- USDA classifies bok choy in the “Dark-Green Vegetables” subgroup.

### 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
- [Chicken Vegetable Bowl](#) – ICN Recipe Box
- [Roasted Fish Crispy Slaw Wrap](#) – ICN Recipe Box
- [Spring Rolls](#) – ICN Recipe Box
- [Tofu with Noodles and Bok Choy](#) – The Lunchbox
- [Vietnamese Noodle Soup](#) - Vermont FEED
- [Vegetable Chinese Dumplings](#) - Vermont FEED



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

## Educational Resources

- [Cultures, Food, and Communities Around the World \(Grades 3-5\)](#) – National Agriculture in the Classroom
- [Nutritional Value of Fresh Produce \(Grades 3-5\)](#) – National Agriculture in the Classroom
- [Eating in Season \(Grades 3-5\)](#) – Growing Minds

## 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](mailto:farmtocnp@k12.wa.us) or WSDA at [farmtoschool@agr.wa.gov](mailto: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](#)