

Shanghai Bok Choy



Look: Shanghai Bok Choy is small and has overlapping rosette like layers. The stems are curved and appear pale to light green. The leaves have a broad, flat, and pliable texture.

Taste: Shanghai Bok choy is edible raw or cooked and has a crunchy slightly chewy texture. It is sweeter than regular bok choy.

Touch: The bottom of each stem is curved and smooth and the top leafy part is also smooth and flexible.



Shanghai Bok Choy grows quickly, going from seed to harvest in just 45-60 days.

Did you know?

In Chinese culture, Shanghai Bok Choy is often associated with prosperity and good fortune



Health Benefits

