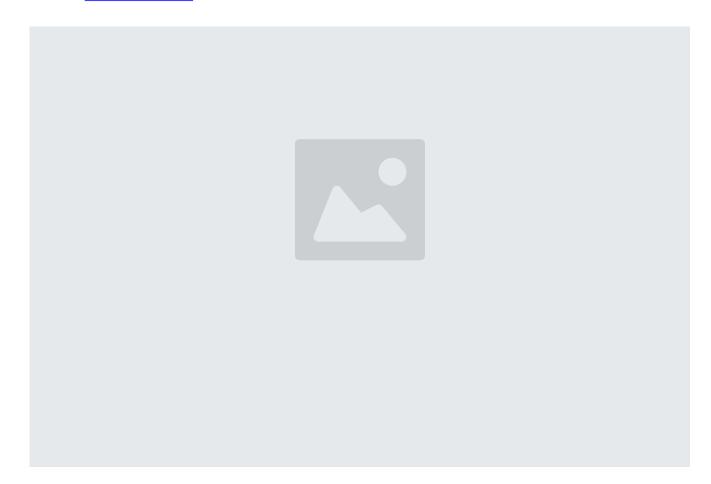
# **Bok Choy**

<u>Phytopedia</u>

**VEGETABLES** 



Chinese cabbage, Bok Choy reduces birth defects and benefits weight loss

## **GEEK TALK**

Brassica rapa

### **BUT WE TALK**

Chinese cabbage, pok choi, celery mustard, onf choy, spoon cabbage, taisai

#### **DID YOU KNOW?**

Often called Chinese white cabbage, Bok Choy is a lesser-known vegetable that is very low in calories and high in health benefits. Bok Choy can be eaten raw, steamed, boiled, and is also very commonly used in stir-frys.

Sometimes used as a substitute for cabbage due to its sweet taste and crispy texture, Bok Choy has an upright and compact cylindrical shape with a white stem and green leaves.

#### KITCHEN PHARMACY

- Bok Choy is believed to help prevent cancer as well as reduce the risk for birth defects.
- In addition, Bok Choy is also beneficial to weight-loss and the prevention of macular degeneration.

