

Bok Choy

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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.

