

Extra Dwarf Pak Choi

Generally sweet flavor with a hint of mustard this veggie is more leafy than the regular bok choy. These little beauties can be tossed into stirfrie, soups and more!

A VARIETY OF WAYS TO COOK

With crunchy stalks, tender leaves and gorgeous color, bok choy is versatile, inexpensive and highly nutritious.

RAW: Use chopped bok choy in any salad or slaw recipe or for tacos and sandwiches; or to add a blast of nutrition, flavor, color and texture to soups.

ROAST: Coarsely chop bok choy, drizzle with olive oil and a squirt of lemon juice, then roast in a 500 degree F oven until lightly browned. (About 7 minutes)

BRAISE: For a healthful side dish, braise bok choy with chicken stock, garlic, ginger and some toasted sesame oil.



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