







Choose bok choy with firm stalks and fresh leaves. Avoid purchasing bok choy with brown spots and wilted leaves.



Store unwashed bok choy in a plastic bag in refrigerator for up to 1 week.

Refrigerator: Up to 1 week



Bok choy can be eaten raw or cooked. Rinse immediately before preparing. Cut bok choy into shreds or wedges. Only cut what you will use, and refrigerate the rest for later.



Digital Scale:The number on the screen =
Total Weight



Hanging Scale: The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the amount of bok choy you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Bok Choy

Use this table to find the total cost.

Example: What is the total cost for 2 lbs of bok choy at \$1.59 per lb? **2 lbs x** \$1.59 = \$3.18

Price						
per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.



1 cup shredded Bok Choy

Nutrition Serving Size 1 co Servings Per Co	up s	hredded (7	
Amount Per Serving			
Calories 10	C	alories from	n Fat 0
		% Dai	ly Value*
Total Fat 0g			0%
Saturated Fat		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 45mg		2%	
Total Carbohyd	2g	1%	
Dietary Fiber	1000	4%	
Sugars 1g			
Protein 1g			
Vitamin A 60%		Vitamin C	50%
Calcium 8%	•	Iron 4%	

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1 cup of shredded bok choy.



Bok Choy Stir Fry

Preparation Time: 20 minutes

Serves 8

Cups of Vegetables per Serving: 1

Ingredients:

1½ lbs bok choy

4 teaspoons canola oil

2 cloves garlic, finely minced

1 teaspoon grated ginger

3 tablespoons water

½ teaspoon salt

½ teaspoon sesame oil



Preparation:

- 1.) Trim the end off the stem of the bok choy and separate leaves. Rinse under running water.
- 2.) Cut stems into 1" pieces and leaves into wide ribbons.
- 3.) Place oil in a pan and heat on medium-high heat. Add the garlic and ginger and continue to heat.
- 4.) When the garlic and ginger start to turn brown, add the stems of bok choy. Toss well, and cook until stalks are just beginning to get tender, about 3 minutes. Add leaves and water and stir.
- 5.) Cover and let cook for 1 minute. Season with salt and drizzle with sesame oil.

Nutrition Information per Serving:

Calories 36, Total Fat 2.8 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 128 mg, Carbohydrates 2 g, Dietary Fiber 1 g, Protein 1 g.