

**Chinese Pak Choi**

**This widely grown Asian green, also called bok choy, has smooth green leaves and thick white leaf stalks. It is one of the most popular Asian vegetables and a main ingredient in chow mein and stir-fries. Can be steamed, stir-fried, and braised. Used in soups, for ohitashi, and pickles.**

**Germination Temperature: 50-80°F**

**Planting Depth: 1/4"-1/2" (If planting a “field” of pak choi, space rows 18-24" apart.)**

**Seed Spacing: 6-8” (Can be seeded 1-2” apart and the weaker sprouts thinned.)**

**Maturity: 40-50 days.**

**Very low in saturated fat and cholesterol, and a good source of dietary fiber, protein, thiamin, niacin and phosphorus. A very good source of Vitamins A, B6, C, and K, riboflavin, folate, calcium, iron, magnesium, potassium and manganese. Note: High sodium content, and large portion of calories come from sugars.**[**https://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2377/2#ixzz5OwmssIQz**](https://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2377/2#ixzz5OwmssIQz)