

**PURPLE LADY BOK CHOY**

 **This** **eye-catching purple baby bok choy has purple leaves and thick lime green leaf stalks. It is loaded with high levels of antioxidants with anti-aging properties as well as a sweet, rich flavor that is perfect for the wok, grill or in salads.** **This variety also produces about three times as much vitamin A as regular green type varieties.**

**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)