

EDIBLE GARDEN



BOK CHOY

Bok choy (*Brassica rapa chinensis*) is a type of Chinese cabbage popular in Southern China and Southeast Asia. It is the vegetable of choice for vertical farming in Singapore due to the limited agricultural land, with 500 kilograms being harvested and consumed locally each year.

Bok choy can be enjoyed raw, but they are commonly steamed, boiled or braised in most Asian cuisines. A popular method of preparation would be stir-frying them with sauces such as oyster, soy, hoisin sauce, sugar, garlic and sesame oil.