



Bok Choy

- Full of vitamin K that helps strengthen bones
- Bok Choy comes with a variety of green, white and beige stalks and some even have purple leaves!
- We help get rid of potential toxins and we give you energy



Did you know?

Bok Choy translates to 'white cabbage' in Chinese.



Nutritional:

Bok Choy is an excellent source of vitamin C, vitamin A, and Zinc