

Harvest of the Month™

The California Harvest of the Month™ featured vegetable is



Bok Choy

Health and Learning Success Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables, along with being active for at least 60 minutes every day, will help keep your family healthy. Healthy students miss fewer school days, are more alert, and are ready to learn! With *California Harvest of the Month™*, your family can learn tips to help you eat more fruits and vegetables and be active every day.

Produce Tips

- **Buying fresh bok choy:** Pick a bok choy that is not wilting or yellowing. It's also important to avoid bok choy that may be damaged with holes.
- **Storing fresh bok choy:** Bok choy can be refrigerated for 3 to 7 days. Place the unwashed bok choy in a breathable plastic bag in the crisper.
- If you need to store the bok choy for a longer period of time, you can boil it in water for 2 minutes and then rinse with cold water and place the bok choy in the freezer.

Healthy Serving Ideas

- Bok choy is widely used in Chinese cooking, frequently in soups, salads, stir-fries and fillings for spring rolls, potstickers, steamed buns and dumplings.

Recipe: Garlic-ginger bok choy

Total Servings: 4 servings

Serving size: 3/4 cup

Total time: 25 minutes

Ingredients:

- 3 Tbsp. vegetable oil, divided
- 1 lb. baby bok choy, quartered lengthwise, washed, dried
- 2 cloves garlic, finely chopped
- 1 (1") piece ginger, peeled, finely chopped
- 1 tsp. kosher salt, divided
- 1 Tbsp. reduced-sodium soy sauce
- 1/2 tsp. toasted sesame oil

1. In a large skillet over medium-high heat, heat 1 tablespoon vegetable oil. Add half of bok choy, arranging cut side down in a single layer, and cook, undisturbed, until golden brown, 3 to 4 minutes. Transfer to a plate. Repeat with 1 tablespoon vegetable oil and remaining bok choy.
2. Reduce heat to medium. In same skillet, heat remaining 1 tablespoon vegetable oil. Add garlic and ginger and cook, stirring, until fragrant, 30 to 60 seconds. Return bok choy to pan; season with 1/2 teaspoon salt and toss to combine.
3. Add soy sauce and 1 tablespoon water. Cover and steam until bok choy is just fork-tender, 2 to 4 minutes. Uncover and continue to cook, tossing frequently, until liquid is evaporated, about 30 seconds more; season with remaining 1/2 teaspoon salt, if needed.
4. Transfer bok choy to a platter. Drizzle with sesame oil.



Nutrition information per serving:
 Calories: 132; Carbohydrate: 5 g; Dietary fiber: 2 g;
 Protein: 2 g; Total fat: 11 g; Saturated fat: 1 g; Trans fat:
 0 g; Cholesterol: 0 g; Sodium: 336 mg.

Adapted from: Delish Test Kitchen, Taylor Ann Spencer, Updated: Jan 16, 2024.

Let's Get Physical!

- Plan at least one activity each week to do as a family (e.g., go for a bike ride, play basketball or soccer, take a walk).
- Get your child moving in the morning – turn on the radio and dance.
- For more ideas, visit: www.bam.gov

Nutrition Facts	
Serv. size	3 OZ (85 g/3 pieces)
Amount per serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0g	
Cholest. 0mg	0%
Sodium 55mg	2%
Total Carb. 2g	1%
Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0%	Calcium 89mg 6%
Iron 1mg 6%	Potas. 214mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The more you know!

- **Chinese Cabbage:** Bok choy is a type of Chinese cabbage and is a popular vegetable in many Asian dishes.
- **Rich in Vitamins:** Bok choy is packed with vitamins A, C, and K, which help keep your eyes, skin, and bones healthy.
- **Popular in China:** Bok choy has been grown and eaten in China for over 5,000 years!

How much do I need?

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Be a champion for your family's health. Look at the chart below to find out how much each person in your family needs to be healthy. Make a plan to help them eat the recommended amount and get at least 60 minutes of physical activity every day.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.