

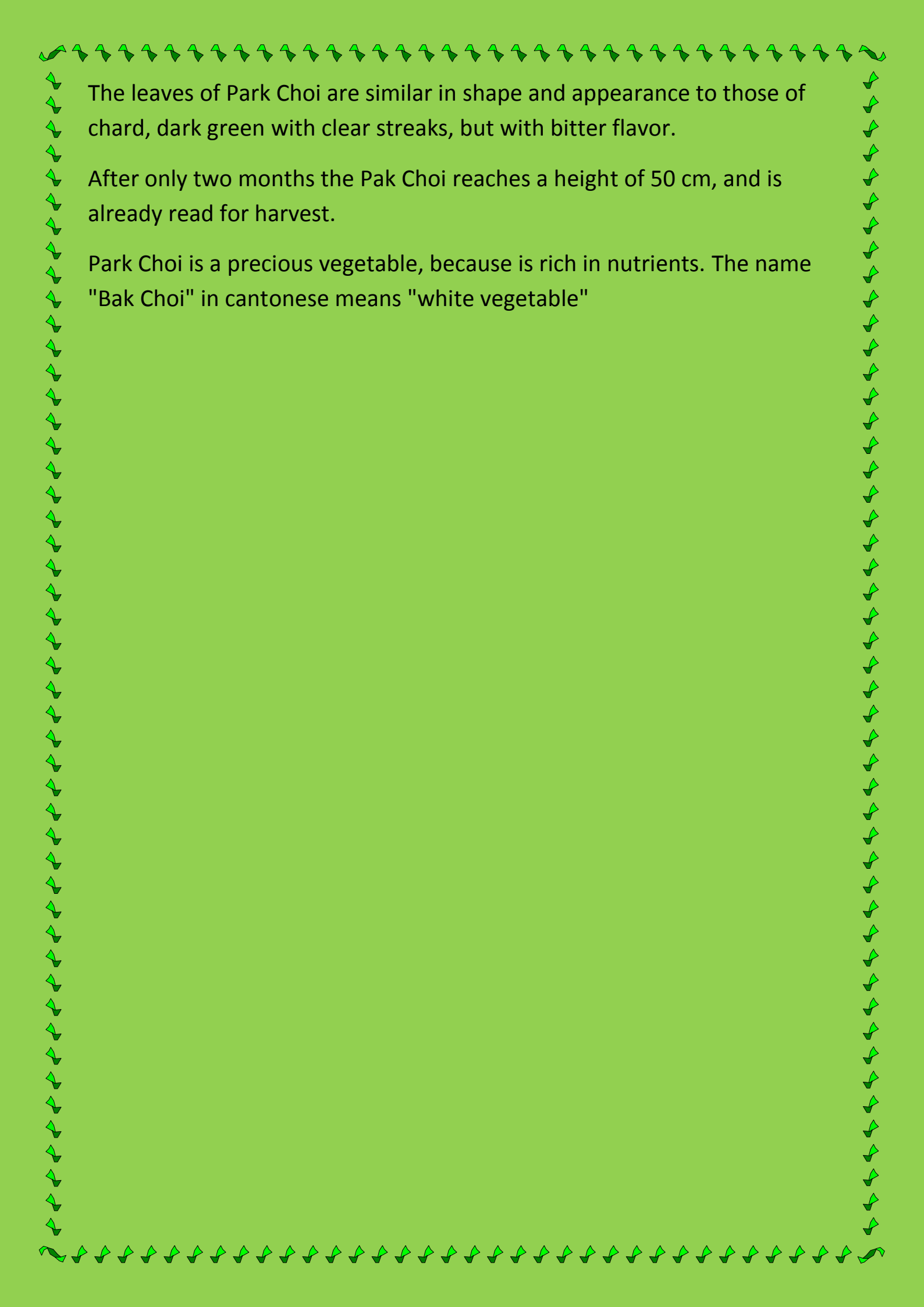
Information



Pak choi and Bok Choi belongs to the botanical family of Crucifera the same one of the cabbage.

Originativ in Asia, Pak Choi is a vegetable cultivated especially in China and Japan.

Asians living in Amsterdam first introduced this vegetable in Europe, where today is also produced although in limited quantities.

A decorative border of green leaf-like shapes surrounds the text.

The leaves of Park Choi are similar in shape and appearance to those of chard, dark green with clear streaks, but with bitter flavor.

After only two months the Pak Choi reaches a height of 50 cm, and is already read for harvest.

Park Choi is a precious vegetable, because is rich in nutrients. The name "Bak Choi" in cantonese means "white vegetable"