

Regrowing Bok Choy

You can regrow both homegrown and store-bought Bok Choy.

1. Cut the bottom part of the bok choy, where the leaves start, leaving about 5-8 centimeters of the base.
2. Rinse the bok choy base well until it is clean.
3. Place the Bok Choy base in a shallow bowl of water.
4. Put the bowl of water in a warm spot, away from direct sunlight. A window sill works well.
5. Change the water every day.
6. Look at the bottom of your bok choy. When you notice roots you can transfer it into soil



For more information, visit www.foodfromhome.org

