

Uses

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| ID | 120 |
| Crop ID | Pak Choi |
| Part | Leaf |
| Use Category | Food |
| Notes | Leaves - raw or cooked. They can be eaten at any stage from seedling to mature plant. Well-flavoured, they are sweet with a hint of mustard. The leaves are also dried for winter use. The leaves have pronounced stems and these can also be eaten, they tend to have a mild, almost bland flavour. |
| Metadata ID | 6,589 |