

# CHOY SUM

*Brassica rapa var. parachinensis*

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## ECHO® PLANT INFORMATION SHEET

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### Description

Choy Sum is a cultivar of *Brassica rapa*, a species of vegetable that includes a wide range of subspecies including turnips, pak choi, and napa cabbage. Choy Sum is a leafy green also known as "Chinese Flowering Cabbage". It is eaten widely around the world. The shoots and young leaves can be stir-fried, boiled, or steamed and contain Vitamin A, calcium, potassium, and folic acid. Its growing conditions are very similar to mustard greens. It can be harvested 30 to 50 days after sowing.

### Common Names