

You are viewing one of thousands of biographies – click below for more, including Search box and access to Plant associated organisations.

[Plant Biographies](#)

[Bibliography](#)

---

*Brassica chinensis*

[Synonyms : *Brassica campestris* subsp. *chinensis*, *Brassica chinensis* var. *communis*, *Brassica napus* var. *chinensis*, *Brassica oleracea* var. *chinensis*, *Brassica rapa* var. *chinensis*, *Raphanus chinensis*]

**CHINESE MUSTARD** is cultivated as an annual to perennial. Native to Asia, particularly China, it has yellow flowers.

It is also known as *Bok choy* (Chinese, English), *Bréde chou de Chine* (French), *Brukev čínská* (Czech), *Cải bẹ trắng* (Vietnamese), Celery cabbage, Celery mustard, *Chinakohl* (German), Chinese cabbage, Chinese white cabbage, *Chou chinois* (French), *Chou de Chine* (French), *Čínské zelí* (Czech), *Kapusta* (Slovak), *Kinakål* (Swedish), *Kinesisk kål* (Swedish), *Kinesisk pac choi* (Swedish), Mustard cabbage, *Pak-choi* (Chinese, English, Finnish, German, Swedish), *Pak Tsoi* (German), *Pe-tsai* (Chinese), *Pinaattikiinankaali* (Finnish), *Sawi puteh* (Malay), *Shakushina* (Japanese), Shantung cabbage, and White celery mustard.

*Chinensis* means ‘of or from China’.

Authorities claim that lettuce (*Lactuca*)-like chinese mustard has been (in both appearance and use) cultivated in China since at least 5<sup>th</sup> Century. When fresh the leaves were eaten as salad, and when wilted they were pickled in brine for ten months.

It is believed to have been introduced to Europe in the early 1750s

Medicinally, the seeds have been used in India as a laxative, and in Chinese medicine the leaves have been used in the treatment of dysentery.