

Chinese Pak Choi

Brassica rapa 'Cantong White'

The world in your garden

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18 93 37

average
contents:
1000
seeds

Sow: Apr-Jul
Harvest: May-Sept



Chinese Pak Choi
Brassica rapa 'Cantong White'

Native to
China & Asia

Native to China and other parts of Asia these attractive plants look great in the vegetable or ornamental garden, can be eaten young in salads or left to mature and used in stir fries. An ideal vegetable as part of the eat-5-a-day plan.

How to grow: Sow thinly, direct into finely raked, warm, moist, weed-free soil 6mm (¼") deep in rows 30cm (12") apart. (Germination 10-21 days). Thin the resulting seedlings by degrees to a final spacing of 20cm (8") apart. Plants reach a stage for 'baby leaf' harvest in 28 days and mature plants take around 50 days. Pak Choi grows best in a sunny position in a fertile soil. It is important to water well in dry weather. Height 30cm (12").



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