

# Pak Choi

A versatile relative of the Chinese cabbage with a distinctive, appearance. The whole plant is edible – leaves, stalk and young flowering shoots. Plants grow a loose head of leaves, with wide, spoon shaped stalks at the base.

Pak Choi is best used fresh – so growing your own is the answer. Pak Choi is a fast grower in the right conditions, best sown in late summer and autumn.

You can eat Pak Choi small, a few weeks after sowing, or leave the Pak Choi to mature. Pull up whole plants, or pick individual leaves when the plants are large enough.



Pak Choi is great as a mild crispy, juicy, ingredient for salads, part of a quick stir fry, or added to soups at the last minute. For the quickest harvest, grow Pak Choi following the Spicy Winter Salads growing card.

To grow medium sized plants, use a container about 15cm deep. To grow mature plants, aim for 20cm deep. How many you can fit in will depend on variety and spacing..



# Pak Choi

## Growing tips

Sow in late summer / autumn in a cool, light spot. The later the sowing, the slower the growth. Can be kept growing slowly over winter if kept in a cool (10C), light, frost free place

**Compost to use:** Potting compost, organic and peat-free.

**Watering tips:** Don't let the container dry out, but remember that the plants will need less water as growth slows down in cool weather.

**Support:** None needed

**Protection:** Protect from frost

**Feeding:** None needed



## Compact, dwarf varieties are best for growing in pots.

Some to try: Canton dwarf – white stem with green leaves  
Red Choi – purple-veined green leaves that turn purple as they mature

- Plant**
1. Fill container with moist compost and firm gently.
  2. Sprinkle seed evenly over the surface, 3-4cm apart.
  3. Cover with a 0.5cm layer of compost.
  4. Water well.



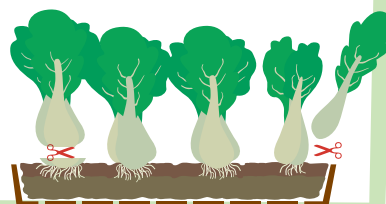
## Grow

1. Thin out seedlings when around 10cm tall. Water well, then carefully remove every other seedling and eat!
2. When plants begin to meet, remove every other plant to allow room for growth.
3. Keep watered but water less in cooler weather.



## Eat

1. Eat seedlings and young plants as they are thinned out.
2. Final spacing between plants depends on the stage you want to eat the Pak Choi. Anything from 15-30cm is enough for small to medium sized plants.
3. Pick individual leaves, or cut the whole head, leaving a stump of 2cm which should grow again.



	Summer			Autumn			Winter		
	Jun	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb
Sow outdoors									
Sow indoors									
Thin and eat									
Harvest larger heads									
Protect from the cold									

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