

Jimao Choi

Perfect steamed or in a stir-fry.

This is a fast grower. 20~30 days, Bright green leaves with bright green petioles. Tolerant to heat.

Untreated. 180 seeds approx. per packet.

Timing

All are cool season plants that grow quickly and then bolt. Direct sow with frost protection (a cloche or heavy row cover) as early as February, or without protection from early March to late May. Sowing short rows every 2-3 weeks allows for a fairly constant harvest time. Sow again in August and September, and provide frost protection by the end of October.

Starting

Sow 3-4 seeds 5m-1cm ($\frac{1}{4}$ - $\frac{1}{2}$ ") deep in each spot you want a plant to grow. Thin to the strongest plant at a spacing of 15-20cm (6-6") between plants in rows 30-45cm (12-18") apart.

Growing

Ideal pH: 6.0-6.8. 1 cup of complete organic fertilizer will provide sufficient nutrition to 3m (10') of row. Choi Sum is harvested just before it flowers, so keep a close watch on each row. Pac Choi can be harvested at any stage, but if you want full-sized plants, watch for signs of bolting. Flower buds will appear at the centre of each plant, and a stem will form quickly as the plant turns from urn-shaped into a tall cone. Harvest as quickly as possible once flower buds are visible. Keep plants well-watered throughout their growth.

Harvest

Use a sharp knife to cut the plants at ground level when they are ready to harvest. They will not grow back like some other crops, so plant several short rows every couple of weeks for a longer harvest.