

## **Pak Choi - Brassica Rapa Subsp. chinensis**

### **Description:**

Pak Choi, also known as Paksoi, Pok Choi, Pak Choy or Asian mustard cabbage comes from China, Taiwan and Japan. It is related to Chinese cabbage, but looks more like chard. In contrast to Chinese cabbage, it does not form a solid head, but rosettes that are 40-60 cm high. Its mild cabbage taste is special, the leaves have a slightly tart, bitter note. Pak Choi is found in typical Asian dishes. It goes well raw in salads or cooked in many vegetable dishes.

### **Cultivation:**

Pak Choi can be brought forward indoors from April. Sowing directly outdoors is possible from May (sowing depth approx. 2cm). Pak Choi begins to germinate at 12 degrees, the optimal germination temperature is between 18 and 22 degrees Celsius. The soil should be nutrient-rich, loose and calcareous. Plants grown in pots can be planted out from the beginning of July at a distance of 30 x 30 centimeters in a sunny to semi-shady location that is protected from the wind. Pak Choi must be watered regularly without waterlogging. The first Pak Choi can be harvested after approx. 8-10 weeks.