

Cabbage, Chinese

Vegetable

Suggested varieties: *Green Rocket FI, Nikko, Tatsoi*

PLANT



Sow seed 0.5cm deep in rows. Thin seedlings to 20-30cm apart. Plants prefer not to be transplanted. Use bolt resistant cultivars for early sowings. Choose fertile moist soil

GROW



Keep soil moist to stop bolting. Tie plants loosely with twine when 'hearts' of compact leaves form (no need for 'self-hearting' types). Advance late harvests with cloches

EAT



Cut 2.5cm above soil level when the base feels firm. Stumps will sprout edible leaves ('cut-and-come-again'). Flower shoots are also edible

Growing guide

Give it a go...

Average time to harvest

8-10 weeks

Equipment needed

Twine

Germination time

7-12 days

Average plant size

30cm tall, 15cm wide

Family group to grow with

Brassica: broccoli, kale

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C, calcium, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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