

BOK CHOY



Suggested Varieties: Green Fortune, Win Win

Annual: Grows for only one season

Planting & Growing

Recommend starting from:



Seed



Seedling



Full sun or partial shade



Regular
18 gal./week per box



Plant inside garden box



Plant 6 inches apart

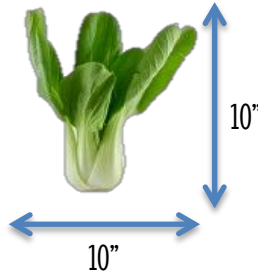
Harvesting

Average time in ground:

4-8 weeks

Germination time:

7 days



Average plant size

Ready to harvest when:

Head is well formed

Average time to first harvest:

4 weeks from seedling
6 weeks from seed



How to harvest:

Cut below base of head or harvest outside leaves

Common pests and diseases:



Snails



Slugs

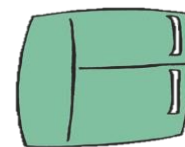
Eating & Storing



Steam



Sauté



Refrigerate

Planting & Harvesting Schedule

J			F			M			A			M			J			J			A			S			O			N			D		
[Color-coded cells for Sow seeds, Plant seedlings in ground, and Harvest months]																																			



Sow seeds



Plant seedlings in ground



Harvest months



For more information, visit
www.cityslickerfarms.org