



# *Growing Together*

GROW, COOK, EAT, SHARE.

## Grow your own... Pak Choi

Pak Choi is a wonderful vegetable that can grow all year round.

Pak Choi is great in a soup or stir fry but you can also use the baby leaves in a salad.

- ✓ Easy to grow
- ✓ Contains Iron
- ✓ Contains Vitamin C
- ✓ Superfood
- ✓ Grow all year round
- ✓ Grow in your windowsill
- ✓ Grow in your garden
- ✓ Harvest in 4-12 weeks



From your growing pack, you will need:

✓ Compost

✓ Container



1. Regularly sow seed thinly in pots or seed trays for baby leaves or transplanting out. For sowing outside, sow in rows roughly 30cm apart and cover with a thin layer of soil (0.5cm).
2. Once they start to grow you can thin the seedlings out. Eat them or transplant outside and let the remaining plants grow. The final spacing between plants should be about 20cm if outside.



1. Give them a dilute feed once a week and make sure they are watered regularly.
2. If growing outside, put a fleece over them when the weather cools.
3. Remove weeds carefully and watch out for slugs or snails!



1. After 4-5 weeks, cut the leaves to about 2.5cm and leave to regrow. You can do this 2 or 3 times before exhausting the plant (cut and come again).
2. An alternative is to leave the plant to mature (2 months) and cut the plant off at the base.

**Top tip:** To keep your Pak Choi crisp and fresh when cooking, chop and cook the stalks first then add the leaves at the end.