

# Bok Choy

*Brassica rapa subsp. chinensis* · Brassica family

**DIFFICULTY** Easy  
**TYPE** Annual, direct sown or seedling  
**MATURITY** 45–60 days



SUN  
Full-part sun



WATER  
Consistent



SOIL PH  
6.0–7.0



SPACING  
20–25cm



DEPTH  
0.5cm

## 01 Fast and forgiving

One of the quickest brassicas to mature, bok choy suits succession sowing every few weeks and tolerates part shade better than most of its relatives.



## 02 Planting

|        |                                                                |
|--------|----------------------------------------------------------------|
| METHOD | Direct sow or transplant seedlings.                            |
| SOIL   | Rich, moisture-retentive.                                      |
| TIMING | Sow year-round in mild zones; avoid the height of summer heat. |

## 04 Problems

- **Bolting** — heat stress; grow in cooler months.
- **Cabbage moth** — net or hand-pick.
- **Slugs and snails** — target young leaves; use barriers.
- **Tip burn** — irregular watering; keep moisture even.

## 03 Growing care

- Keep soil consistently moist for tender, non-bitter leaves.
- Succession sow every 3–4 weeks.
- Net against cabbage moth if pressure is high.
- Harvest promptly at maturity — it bolts quickly in heat.

## 05 Harvest & storage

|         |                                                       |
|---------|-------------------------------------------------------|
| SIGNS   | Full-sized heads, before any flower stalk appears.    |
| METHOD  | Cut at the base or harvest outer leaves individually. |
| CURING  | None needed.                                          |
| STORAGE | Fridge crisper, about a week.                         |

## 06 Companions & rotation

|                                   |                                         |                                       |
|-----------------------------------|-----------------------------------------|---------------------------------------|
| PLANT NEARBY                      | AVOID NEARBY                            | ROTATION NOTE                         |
| <div>Onion</div> <div>Herbs</div> | <div>Strawberry</div> <div>Tomato</div> | Rotate brassicas on a 3–4 year cycle. |