READY2GROW
ROOTED RESILIENCE DELIVERED

PLANTING CARD

Pak Choi

Joi Choi · crunchy Asian greens



Crunchy Asian greens for stir-fries. Ready in weeks.
Cut whole heads about 6–8 weeks after planting.

WHEN TO PLANT
Best Feb–Oct
Bolts quickly in summer heat

LIGHT
Sun or light shade
Afternoon shade in hot spells

SPACING
25–30 cm apart
Rows 30 cm apart

WATER
Regular watering
Keep the soil evenly moist

SOIL & FEEDING
Rich soil, lots of compost
Light feed every 3 weeks

HARVEST
Cut whole heads
From about 6–8 weeks

Planting your seedlings

1. Water the tray well an hour before planting.
2. Plant at the same depth as the plug.
3. Firm the soil around the stem and water in well.
4. Check under leaves for caterpillars and aphids weekly.

064 526 1428 · sales@ready2grow.co.za

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