

ALLOTINABOX®

SEED HELP

No.1 PAK CHOI

Although we are lovers of Great British Varieties here at ALLOTINABOX® we do also embrace the fact that our nation has such a diverse range of cultures and alongside this some of the best food and Restaurants in the world. That's why we wanted to introduce you to this indispensable Oriental, but rather British favourite "Pak Choi". These Oriental leaves have become widely sought out in supermarkets and greengrocers and are now one of the most expensive and trendy crops to buy from the big food chains up and down the country.

There are so many outstanding oriental leaves to choose from, but we want you to enjoy the pleasure of sowing and growing these mild, juicy yet crisp varieties, really delicious.

For us, this also has to be one of the best penny pinching crops to grow, because they are so simple to grow and fat yielding. Also known as white Celery mustard, this small plant has lovely paddle shaped leaves with a nice white rib at the centre. You should choose a nice big container or an open site outdoors to keep them shaded and cool during the summer months. If you go for the outdoors, then give them a mix of soil that includes a well-rotted manure.

Sow seeds 1cm deep and space them about 15cm apart if your sowing in the kitchen garden or are lucky enough to have an Allotment., if not, then a nice big container will do. Pak Chio is a real must have in the Kitchen and also give you a quick return, for example you can have a nice crop in mid summer within a month of sowing them./They also make a terrific salad item or side veg. Provided you don't plant these too soon outdoors and that you water them regularly to stop them from "bolting" they are a fine crop to grow and well worth a try.

If you need to protect them from pests, then try growing under a mesh or fleece, pest can also be picked off by hand or you can brush them off with soapy water.

Pick the leaves small and tender as soon as they are ready, this will also encourage further growth and an introduction to a great crop.

