

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



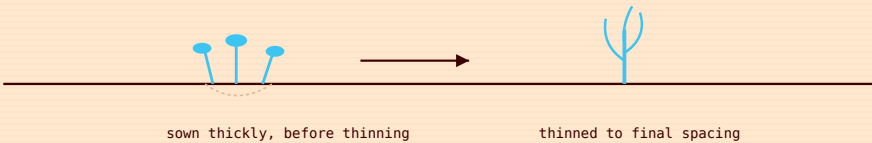
SPACING
20–25cm



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.

Planting timing varies significantly by Australian climate zone. Set your zone above (or use the Find My Climate Zone tool) for guidance tailored to your own area.

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.
PRESERVING	See Fermenting (sauerkraut and fermented brassicas) or Freezing Produce (blanching and freezing a glut) for ways to keep a harvest surplus.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Onion Herbs	Strawberry Tomato	Rotate brassicas on a 3–4 year cycle.