

Choy Sum

Brassica rapa var. *parachinensis* · Brassica family

DIFFICULTY Easy

TYPE Annual, direct sown or seedling

MATURITY 30–50 days



SUN
Full–part sun



WATER
Consistent



SOIL PH
6.0–7.0



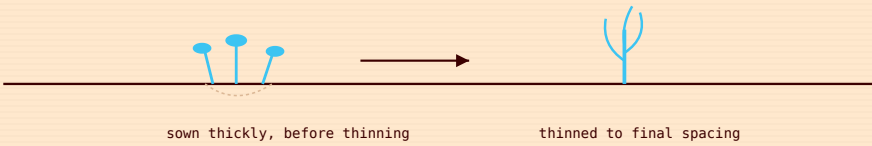
SPACING
15–20cm



DEPTH
0.5–1cm

01 Grown for the flowering stem

Unlike its leafy relatives, choy sum is picked for its tender stems and edible yellow flowers, harvested while still young before the stems toughen.



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.

03 Growing care

- Keep soil consistently moist for tender, non-bitter stems.
- Succession sow every 2–3 weeks for a continual harvest.
- Net against cabbage moth if pressure is high.
- Harvest promptly once flower buds appear — stems toughen quickly after.

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.

05 Harvest & storage

SIGNS	Stems firm and upright, flower buds just forming or starting to open.
METHOD	Cut stems 5–10cm above the base; the plant regrows for a second harvest.
CURING	None needed.
STORAGE	Fridge crisper, a few days — best used fresh.
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.