

Cabbage

Chinese Cabbage

Non-GMO Sprouting/Micro Greens

Chinese Cabbage (also referred to as Pak Choi) is a bright green and white, crunchy sweet cabbage belonging to the Brassicaceae oleracea family. It can be grown as sprouts or as traditional cabbage. Delicious raw or cooked.

Seeding Rate:

- Indoor:* 1 oz./ 10" x 20" tray
- Outdoor:* 5 oz./ per acre

How to Grow Indoors: Moisten seeds before planting (soaking is not required). If grown indoors, germinate in darkness for at least two days (until germinated). Sow 2-3 seeds per inch in moist potting soil at a depth of 1/4" -- at temperatures 60°F to 70°F in full sun (or under grow lights). Keep the soil moist, but allow it to drain. Fertilize every 7-10 days with liquid fertilizer diluted to 25% strength. Harvest when the seedlings are about 6-8" tall (about 9-14 days).

Outdoors: Start in spring when soil temperature is at least 55°F. Sow 2-3 seeds every 12-18" in rows spaced 18-24". After emergence, thin to strongest seedling per space. Fertilize regularly. Harvest when heads reach 5-7" in diameter (approx. 90 to 110 days). Place un-rinsed cabbage head in a sealed plastic bag and store in a refrigerator (for up to two months). Cutting will release vitamin C and cause the head to deteriorate faster.

Nutritional Value: Sprouting seeds are richer in protein, folate, magnesium, phosphorus, manganese and vitamins C and K than un-sprouted plants. The vitamin and mineral content varies based on the variety of the sprouting seeds. Sprouts offer a powerful source of vitamins, minerals, antioxidants, and enzymes that fight free radicals because sprouting can increase their potency by 20 times or more.



A fully certified organic and non-GMO variety



Growth Habit	Germination Rate Days	Days to Maturity	Temperature Range	pH Range	Plant Height	Row Spacing	Light Requirement	Plant Width	Certified Non-GMO
Bunch	Fast 4-10 days	Plants 90-110 days	Mild 60°-70°F	Medium 6.5-7.5	w/leaves 12-24"	Plants 24"	Full Sun (after first 2 days)	Heads 5"-7"	Yes

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