

# HORTI-TRUC

W.H.PERRON 

## C HINESE CABBAGE

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*Typical oriental variety, appearance and texture of spinach. Plant from 10 cm to 25 cm in height, the dark green fruit is very rich in vitamins. Leaves usually thick oval to elongate. Most varieties have a compact to ultra-compact habit and extra-fast growth. Ideal for restricted area. The leaves and stems are edible. Steamed or sautéed in a wok. Ideal in the preparation of Chinese or vegetarian meals.*

**PLANTATION:** sow it at the beginning of May or in July, because before this period, in order to avoid bolting.

**SOIL:** cool, deep and moist and rich.

**SPACING:** plant them 1 cm deep and thin the plants every 15-20 cm in all directions.

**GROWING TIPS:** it has shallow roots, which means keeping the soil always fresh to prevent the plants from drying out. Water regularly but moderately in fine rain so as to maintain good humidity.

**HARVEST:** wait until the heart has reached the size of a nice apple before harvesting your Chinese cabbage. Cut at grounds level with a sharp blade.