Asian Delight Pak Choi

Brassica rapa 'Asian Delight'



Asian Delight Pak Choi
Photo courtesy of NetPS Plant Finder



Asian Delight Pak Choi
Photo courtesy of NetPS Plant Finder

Height: 7 inches

Spread: 11 inches

Spacing: 10 inches

Sunlight: ○ ◐

Hardiness Zone: (annual)

Other Names: Chinese Cabbage, Bok Choy, Pak Choi

Description:

Dark green pebbled leaves sitting on top of white vase shaped stalks create visual interest in any garden; Asian delight has a mild flavor that is ideal for stir frys, simple sauteeing and soups; great cool season performer

Edible Qualities

Asian Delight Pak Choi is an annual vegetable plant that is typically grown for its edible qualities. The entire above-ground parts of the plant are edible, and are typically harvested when mature. The edible parts have a mild taste.

The plant is most often used in the following ways:

- Fresh Eating
- Eating When Cooked/Prepared
- Cooking

Planting & Growing

Asian Delight Pak Choi will grow to be about 7 inches tall at maturity, with a spread of 11 inches. When planted in rows, individual plants should be spaced approximately 10 inches apart. This fast-growing vegetable plant is an annual, which means that it will grow for one season in your garden and then die after producing a crop.

This plant is typically grown in a designated vegetable garden. It does best in full sun to partial shade. It does best in average to evenly moist conditions, but will not tolerate standing water. It may require supplemental watering during periods of drought or extended heat. It is not particular as to soil pH, but grows best in rich soils. It is somewhat tolerant of urban pollution. Consider applying a thick mulch around the root zone over the growing season to conserve soil moisture. This is a selected variety of a species not originally from North America.

Asian Delight Pak Choi is a good choice for the vegetable garden, but it is also well-suited for use in outdoor pots and containers. It is often used as a 'filler' in the 'spiller-thriller-filler' container combination, providing the canvas against which the thriller plants stand out. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.