

# Chinese cabbage farming

Chinese cabbage has mild flavor, crispy texture and high nutrition value. These have made it a common ingredient in many dishes. The crop thrives in temperate climates making it an ideal choice for home gardeners and small scale farmers.

## Growth requirements

**Site selection.** Choose a well drained sunny location. The crops prefers fertile, slightly acidic to neutral soils with good water retention. Areas with poor drainage or excessive wind exposure should be avoided.

**Soil preparation.** Prepare the soil by tilling it to a depth of about 6 to 8 inches. Incorporate compost or well rotted organic matter to improve soil fertility and structure.

**Seed selection and sowing.** Select good quality seeds from a reputable source. The seeds can first be sprouted in a nursery or directly planted in the field. In the field, Chinese cabbage is planted at a spacing of between 6 to 8 inches.

## Field management practices

**Watering and fertilization.** Keep the soils consistently moist but not water logged. Apply a balanced fertilizer or compost every 2 to 3 weeks to provide essential nutrients for healthy growth.

**Thinning and harvesting.** Thin the plants if necessary to allow for proper air circulation and prevent over crowding. Harvesting can be done when the leaves are tender and about 6 to 8 inches tall usually about 45 to 60 days after planting.