

Lettuce

“Black-Seeded Simpson” Variety

PLANTING GUIDE

Fun fact: bok choy is part of the mustard family and is a type of Chinese cabbage.

HOW TO PLANT:

1. **Remove any weeds from the bed** (trowels & gloves in Garden Box-see map).
2. **Discuss where your two vegetables will be planted with respect to sunlight.** These plants will reach about 8-10” tall.
3. **Row spacing.** Most plots will only accommodate 1 or 2 rows of bok choy. **Space rows 18” apart.** Use trowel to define SHALLOW trough $\frac{1}{4}$ - $\frac{1}{2}$ ” deep. Consider where your rows will be relative to the drip irrigation lines, which should be arranged to provide even watering.
4. **Planting seeds.** Bok Choy seeds are very small and difficult to divide amongst the students. A good alternative is to divide the seed packet between the two cups (provided). Add soil to each cup (about half way), then mix seeds in using a popsicle stick. Have students take turns gently pouring a bit of each bean-soil mixture into the troughs (one cup per trough). Gently cover with soil.
5. **Mark your row.** Place a tall craft stick at the beginning and end of each row. Later, I will use twine to the sticks to define the row. Sticks tell us where we need to pay attention (i.e. watch for seedlings and where NOT to step).
6. **Water the beds (if desired) using watering can or hose (see garden map).** The drip irrigation system will provide water on a regular basis so it is not necessary. Show kids where the holes are in the irrigation lines.
7. **Clean and return any used trowels and gloves to the Garden Box.** Please keep gloves together in pairs as found.

MONITORING:

1. **Appearance of seedlings.** Seedlings should appear in **5-10 days**.
2. **Once 2” tall, thin to 1 seedling every 6”.**
3. **Observe your plants regularly.**
4. **Insects.** Look for insects that might munch on the leaves!

HARVEST:

- ~ **45 days (Tatsoi Bok Choy Tatsoi)** post-planting to harvest
- Teachers and Garden Liaisons should remain in contact with each other for periodic updates and eventually the HARVEST!
- According to Botanical Interests, “Almost all parts of the plant at all stages can be used; seedlings, small leaves, large leaves, stems and flowering shoots. The smaller leaves will be enhanced by a touch of light frost.”

[https://www.botanicalinterests.com/product/bok-choy-tatsoi-rosette-heirloom-seeds/srch:bok choy tatsoi](https://www.botanicalinterests.com/product/bok-choy-tatsoi-rosette-heirloom-seeds/srch:bok%20choy%20tatsoi)