

GROW GUIDE - MICRO PAK CHOI



Microgreen Pak Choi

Pak Choi Seed Quantity: 3.5 grams per wooden punnet

Blackout Time: 3-5 days

Germination Rate: high

Germination Time: 2 to 3 days

Microgreens Harvest time: 8 to 12 days

Microgreens Ideal Harvest: 10 days

Micro Greens Flavour: fresh, sweet

Temperature / Humidity levels : Ideal temperature to grow is approx 70° F (68 to 72) - 21 degrees celsius

Pak Choi is a pale green microgreen with a slightly sweet, robust flavour, with white stems and bright green leaves.

MICRO PAK CHOI

Day 1 - Germination Stage - Sow your seeds

Step 1 : Add 375ml of water to one coconut brick into a large mixing bowl. This will hydrate the coir and create volume. The brick will make enough coir for all four wooden punnets. Ensure to thoroughly mix together and break up any lumps.

Step 2 : Using one of your wooden punnets, add the coir into the punnet so that the punnet is full. Ensure that the coir is level, it doesn't have to be compacted down but must be evenly spread within the punnet. Tamp the surface gently to flatten.

Step 3 : The coir should be moist enough after hydrating it, but if the coir feels a little dry then you can lightly mist spray the top with water. You want the coir to feel damp but not too wet or over soggy.

Step 4 : Carefully sprinkle the Pak Choi seed evenly over the entire surface of the coir. The seeds should not overlap and sit directly onto the coir.

Step 5 : Mist spray with water over the entire surface area. This helps to push the seeds into the coir surface.

Step 6 : Place another wooden punnet over the top to cover the seeds.

Step 7 : Place the wooden punnet on the black tray and then using the second black tray upside down over the top of the punnet(s) to ensure there is limited light to the seeds underneath. The top tray acts like a lid.

Step 8 : To add a little weight, place a small reading book on top of the tray. (This helps to push the top wooden punnet down onto the seeds making sure the seeds have contact with the coir to ensure better germination).

Step 9 : Place is a dark warm place. Ideally not a cupboard. It is important to have good air flow around your microgreens to ensure there is no problems with mold. A small fan can help to achieve this very well. Make sure the surface that you place your tray on (shelf or table top) is level, so when you water later the water is evenly reaching all of your plants and not just sitting at one end of your bottom tray.

Day 2 - Germination Stage

Keep covered with the top black tray/book weight and keep warm.

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Day 3

Check your Pak Choi seeds, if the surface looks dry than lightly spray mist with water (uncover your top tray, remove the top wooden punnet to check your seeds and spray water if needed).

Observe your seeds, you will start to see root hair developing and small white shoots/ yellow leaves appear. When you see this happening you can now remove the wooden punnets covering your seeds and the book that has been used as a weight. Then turn the top tray upside down so it now acts like a lid.

Today / tomorrow the top tray will act as a lid, it creates a dome effect covering your seeds but giving them a little space to grow upwards. Moving you into the black out stage.

Day 4 - Blackout Stage

This stage often gets forgotten but we feel it is a very important stage. By keeping your seeds in darkness for a further 24 hours it slightly stresses the plants as they are trying to find the light. What happens under the dome (top tray) is that the shoots are growing upwards and in turn lengthen in height. This little amount of stress actually strengthens the stems and overall your plants will be slightly taller and stronger once they hit the light (tomorrow)

Day 5 - Move into the light

When you first move your seeds from the blackout stage to the light they will be yellow/white in colour, this is normal as they have been until now deprived of any light. The leaves soon starts to change in colour (after a few hours) as the light stimulates the leaves.

Remove the top black tray and move your greens to at area where they can receive light. This may be indoors or outdoors (during warmer months). Your microgreens will grow more evenly if you keep them out of strong sunlight. If you decide to use a window sill then make sure you turn the tray regularly to ensure an even growth of you plants.

Favourable temperature range of 18 to 24°C and relative humidity (RH) of 40 to 60 per cent would meet the needs of most plants.

Make sure the surface that you place your tray on (shelf or table top) is level, so when you water later the water is evenly reaching all of your plants and not just sitting at one end of your bottom tray.

Once you move your Pak Choi into the light you continue to water twice a day. The only difference is you now only water from the bottom, meaning pour water into the bottom black tray, ensuring the water covers the entire tray. The holes in the wooden punnets allow the water to soak up into the coir and feed the roots of your plants. When watering if you are unsure of how much water to use, we recommend less and keep checking your plants. If the wooden punnets feel heavy then the coir is probably moist enough. If the surface of the coir looks dry then add more water. Generally the centre of the punnets hold the most water and the outer edges will be drier.

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Day 6 - 7 - 8 - 9

Once you move your Pak Choi into the light you continue to water twice a day from underneath.

Favourable temperature range of 18 to 24°C and relative humidity (RH) of 40 to 60 per cent would meet the needs of most plants.

Depending on the sunlight / grow light make sure you turn the tray regularly to ensure an even growth of your plants.

Day 8 - 10 - Harvest Day

For Pak Choi we find the best day to harvest is day 10, but if you prefer a younger tasting plant then from day 9 is also recommended. After day 10 Pak Choi continues to grow, when you start to see the 'true leaf develop then the taste of the Pak Choi may alter and become more bitter.

To harvest Pak Choi

We recommend using a sharp knife (rather than scissors) to cut your live microgreens, this ensures they stay fresher for longer.

Enjoy experimenting with using your Microgreens with different dishes - Harvest, Eat and Repeat

Health Benefits

As part of a healthy diet, Pak Choi microgreens are a great source of vitamins B2, B6, C, A, K, beta carotene, folic acid, iron, calcium, manganese, magnesium, thiamin, niacin, phosphorus, potassium, selenium and zinc.

MICRO PAK CHOI

Pak Choi Microgreens are great for

- Served well with Chinese/ Asian/ Thai/ Indian foods
- with seafood, prawns is a great example
- garnishes over salad bowls
- on a homemade sandwiches
- in coleslaw
- added to soups
- added to risottos, dips
- added to stir-fries

Pairs well with

- Sushi
- Beansprouts
- Rice
- Noodles
- Soy Sauce
- Oyster Sauce
- Chicken/Pork
- White fish



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nutrient dense superfoods.**

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encapsulate all the benefits
of the mature plant in a
highly concentrated form.**