

1. Varieties

- Pak Choy Kwang Moon - Common Leafy Type
- Wong Bok - Head Type

2. Yield

- 12tonnes/ha

3. When to Plant

Cabbages can be grown all year round however, best results are obtained during cooler months especially for head type varieties sown from March to October. A small patch of cabbage planted every 2 weeks will ensure a consistent supply.

4. Seed Rate

- 300 grams of seed will be required to plant one hectare.

5. Spacing

- 75cm between the rows and 30cm within the rows. This will give a total of 66,666 plants per hectare.



6. Land Preparation

- Two ploughing and two harrowing is recommended for good soil tilth.

7. How to Plant

- Cabbage seeds are sown in the seedling trays and transplanted into well prepared plot at 3-leaf stage [about 3 to 4 weeks after sowing]. Sow one seed per hole in the tray.
- If using the seedbed, ensure that it is well prepared to a fine tilth. Mix the seeds with some sand or wood ash and sow thinly in lines in the seedbed. Spread some fine soil over the seedbed and water.
- It is a good idea to construct a simple shelter over the seedlings to protect them from strong sunshine and heavy rainfall.
- Remove the shelter gradually to harden the seedlings.
- Wet the seedling tray before lifting the seedlings to protect the roots from damaging.
- Seedlings raised in the seedling trays can be transplanted anytime of the day provided sufficient water is supplied. However, it is better to transplant in the afternoon.

8. Fertilizer

- 5 tonnes per hectare of Poultry Manure should be applied to the soil 2 weeks before planting.
- 200kg/ha of NPK [13:13:21] broadcast and mix well into the soil before transplanting.

- 100kg/ha of Urea side dressed in two split applications of 50kg/ha each in 2 weeks and 4 weeks after transplanting.
- Ensure no fertilizer touches the leaves of young plants as it will kill the plants.

9. Weed Control

Control by spraying Fusilade at 45ml/ 15L of water. Spray at 4 - 5 leaf stage of grasses. Practice handweeding.

10. Pest Control

- For Lepidopteran pest, Diamond Black moth, Large cabbage moth, Centre grub, greasy cutworm - apply Match in alternation with Delfin at 14g/15L of water or Steward at 7.5ml/20L only when damage is visible. Or Prevathorn at 15ml/15L of water
- Aphids - apply Dimethioate at 15ml/15L (Sold as Rogor)
- Please read the labels on the container carefully before using any chemicals.
- Always use protective clothing while spraying.





Ministry of Agriculture

- Note the waiting period of each chemical before spraying.

11. Disease Control

- Black Rot - apply Diathane M-45 at 22g/15L of water.
- Soft Rot, White Rust - practice good crop rotation.

12. Harvesting

- Chinese cabbage will normally take 4 to 6 weeks to get ready depending on varieties.



- Wash the plants well of dirt and keep in cool place or market straight away.
- Great care must be taken while handling the crop because cabbages are very fragile and extensive damages can occur due to carelessness in handling.

A good crop will normally yield about 10 to 15 tonnes per hectare. The weight of the bundle ranges from 900g in the main season to 250g in the off-season.

13. Gross Margin

If sold at \$0.80/bundle a farmer can gain an income of \$6580 with a production cost of \$2000. The farmer will attain a profit of \$4000 per hectare.

14. Food Value

Source of Vitamin A, Vitamin B & Vitamin C.



For more information contact: Ministry of Agriculture, Private Mail, Raiwaqa.
Phone: (+679) 338 4233 Fax (+679) 338 7157 / Website: www.agriculture.gov.fj
Facebook: Ministry of Agriculture Fiji Twitter: Fiji Agriculture
Email: agrihelp@govnet.gov.fj

Growing CHINESE CABBAGE for Cash

Farmer's Leaflet 2015