

**P**echay is a vegetable commonly planted in backyard gardens. It grows best on regularly watered loamy soil with high organic matter content and in an environment with a temperature ranging from 18 to 22°C. It is high in folic acid, rich in vitamin K, a good source of calcium and contains fiber.

### Soil Preparation

- Mix part of well-pulverized soil with 1 part compost and one part rice hull. For home gardens with wide areas, mix 1 kg compost and 300 grams rice hull for every 1 square meter of soil.

### Planting and Nutrient Management

- Pechay can either be sown directly in soil or transplanted. Direct seeding is done by broadcasting or by sowing in rows. Cover the seeds by spreading additional topsoil. Water immediately after sowing.
- Sow seeds in seedbeds or seedling trays. Transplant seedlings 10 days after sowing. Transplant preferably in the afternoon and water immediately. You can use 1.5L plastic bottles as growing pot. Each plastic bottle can accommodate two seedlings. The bigger the container the better.
- If seedlings are transplanted in plots, transplant 10 days after sowing at a distance of 10 cm between plants and 20 cm between rows. Water regularly and apply organic probiotics like vermin-tea or Fermented Plant Juice (FPJ) if available to promote better growth.



## Watering

- Water the plants 2 to 3 times a week or as needed. Remove weeds regularly.

## Pests

- Common insect pests of pechay include diamond back moth, cutworm, and aphids. Hand picking of insect pests is recommended.

## Harvesting

- Harvest as early as three weeks after planting or between 30-40 days after sowing. Harvest preferably in the afternoon to minimize postharvest losses.



Developed and Produced by:



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# PECHAY PRODUCTION

(For Urban and Home Gardening)

