

Wombok

Brassica rapa subsp. pekinensis · Brassica family

DIFFICULTY Easy

TYPE Annual, direct sown or seedling

MATURITY 60–80 days



SUN
Full sun



WATER
Consistent



SOIL PH
6.0–7.0



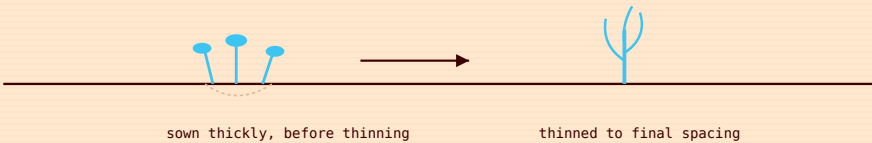
SPACING
30–40cm



DEPTH
0.5–1cm

01 Grown for a tight, upright head

Unlike the loose rosettes of bok choy, wombok forms a dense, elongated head. Some growers loosely tie the outer leaves together partway through to help it head up tightly.



02 Planting

METHOD	Direct sow or transplant seedlings.
SOIL	Rich, moisture-retentive.
TIMING	Sow in the cooler months — wombok is far less heat-tolerant than bok choy or choy sum.

Planting timing varies significantly by Australian climate zone. Set your zone above (or use the Find My Climate Zone tool) for guidance tailored to your own area.

04 Problems

- **Bolting** — heat stress; grow in cooler months.
- **Cabbage moth** — net or hand-pick.
- **Slugs and snails** — target young leaves; use barriers.
- **Tip burn** — irregular watering; keep moisture even.

03 Growing care

- Feed fortnightly with a liquid fertiliser once seedlings reach 15cm tall.
- Keep soil consistently moist to grow quickly without turning bitter.
- Net against cabbage moth if pressure is high.
- Sow in the cooler months only — wombok bolts fast in heat.

05 Harvest & storage

SIGNS	Head feels firm and tight all the way through when gently squeezed.
METHOD	Cut the whole head at the base — wombok isn't typically picked leaf by leaf.
CURING	None needed.
STORAGE	Fridge crisper, up to 2 weeks — a tight head keeps noticeably longer than loose leafy greens.
PRESERVING	See Fermenting (sauerkraut and fermented brassicas) or Freezing Produce (blanching and freezing a glut) for ways to keep a harvest surplus.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Onion Herbs	Strawberry Tomato	Rotate brassicas on a 3–4 year cycle.