



CABBAGE

Cabbage is a member of the family that includes kale, collard greens, broccoli, cauliflower and brussel sprouts. Much of the care and problems for these plants will be the same, although the harvest and storage will differ. There are many varieties of cabbage, but they can be grouped as purple or green cabbage, and grow more or less the same. Your seed packet or seedling tag should include specific information on how long to wait before harvesting your cabbage.

BASIC CARE

PLANTING

- Can be planted from seeds or seedlings. If you're getting closer to frost, seedlings will have more of an advantage.
- Cabbage needs lots of nutrients, so make sure soil is supplemented with compost or other source of organic material.
- Soil should drain well - standing water can cause the cabbage heads to split
- Cabbages can get quite large and need to be spaced accordingly. Cabbages planted closer together will have smaller heads than those with ample space.

SUN

Full exposure for at least 6-8 hours a day

WATER

- Water regularly to maintain moist soil. - If you have access to mulch, a layer around the base of the plant can help maintain even moisture.
- Water around the base of the plant, avoiding leaves if possible.

HARVESTING

- Harvest cabbage heads when they are firm and the desired size. Seed packets and seedling tags often offer a description of the anticipated size and days to maturity.
- Carefully cut cabbage head at the base (above ground) with a sharp knife when mature. Unlike collard greens, cabbage will only be harvested once.
- Remove roots from ground after harvesting head.

STORING

- If damp, let dry before storing
- Can be stored in the refrigerator, wrapped or in a container, for up to two weeks

COMMON PROBLEMS

SOIL-BORNE DISEASES

These are common in the cabbage family. Rotate your leafy greens to different spots each year to help avoid infection.

INSECT PESTS

- The cabbage family can also be plagued by several insect pests, including aphids, cabbage worms and cabbage loppers. Their thick leaves can be something of a deterrent, but insecticidal soap can also help if the infestation is too large.
- Planting garlic around your greens can help deter pests (including rabbits/deer/voles) - and, bonus, they will eventually taste great together!

PLANT DISEASE

If you see plant disease during the growing season, discard your soil when you remove the plant.