

Grow Your Own

CABBAGE

In a home garden, you probably need only a few cabbage plants. It usually is easier to buy cabbage plants than to start with seeds. By buying plants, you can get different kinds.

One package of seed is enough to plant 100 feet of row—about 75 to 100 plants.

Look for these kinds of seeds or plants:

Green cabbage

Stonehead (early)
Golden Acre (early)
Ballhead (late)
Roundup
King Cole
Market Prize (early)
Tastie (early)

Savoy cabbage

Chieftain
Savoy King

Red cabbage

Red Head
Red Danish (late)
Ruby Ball

Chinese cabbage

Blues
China Express
Nerva
Spring A-1

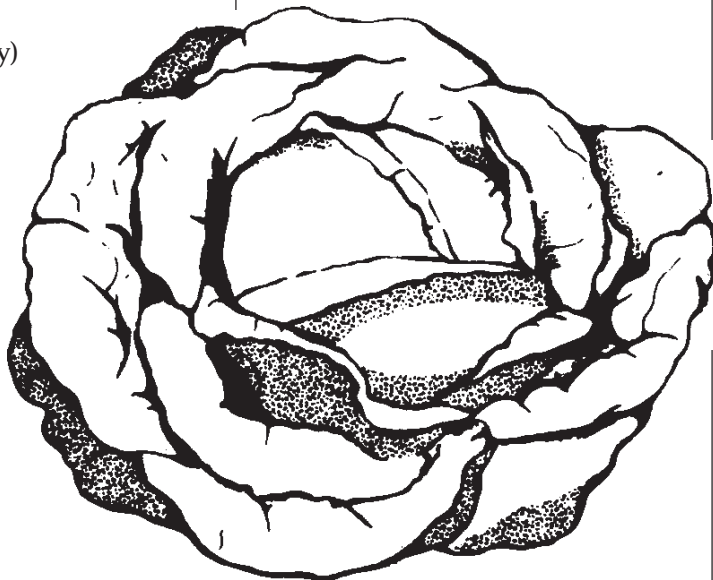
Getting the soil ready

Cabbage grows best when the soil is moist and fertile.

To make soil fertile, use 3 to 4 cups of 16-16-16 fertilizer for an area 10 feet wide.

Spread the fertilizer so it's even throughout the soil.

Plow or spade the soil 6 to 8 inches deep. Break the clods and rake the soil to smooth the surface.



Planting

Cabbage grows even when there still is frost, so you can set your plants or seeds in the garden in early April. You may purchase plants at a garden store or you may grow your own. See FS 225, *Producing Transplants at Home*, available at your county office of the OSU Extension Service.

If you start your own plants from seed, plant the seeds about ½ inch deep and about 1 inch apart in the row.

When the plants are about 3 to 5 inches tall, you will want to plant them in another part of the garden where there is more space.

To transplant young cabbage plants, follow these directions:

- Dig holes that are 1 or 2 feet apart and about 2 inches deep.
- Carefully take the plants from the soil. Leave as much soil around the roots as possible.
- Put the plant in the hole and quickly fill in the hole with soil. Pack the soil around the roots firmly, but not tightly.
- Water the plants at once with a starter solution.

To prevent your cabbage plants from drying out, transplant them in the evening or on a cloudy day.



Growing

Hoe the soil just under the surface. Cabbage roots are very close to the surface and can be injured easily. Don't hoe under the cabbage leaves.

Insect pests

Cabbage has many pests. You can avoid most of these pests if you plant early in the spring. Work diazinon into the soil for root maggot control.

If you see that the cabbage leaves are eaten or damaged by worms, you may want to use one or more of the insecticides available in garden supply stores. Be sure the insecticide is labeled for cabbage, and follow the directions on the label.

You also can use row covers over transplants to exclude troublesome

insects. You can leave the row covers on until harvest or until daytime air temperatures exceed 80°F.

Harvesting

Cabbage is ready to pick when the heads feel solid. If you will have many heads ready at the same time, start using the heads early. After you cut the heads, try letting one or two suckers grow from each stump. These will form miniature heads a few weeks later.

Cleanup

You also can pull out and discard cabbage plants as soon as the harvest is over. Early cabbage might be followed by a late summer crop of lettuce, spinach, or radishes.

Serving

Raw cabbage is a good source of vitamin C and other vitamins. Some vitamins may be lost in cooking.

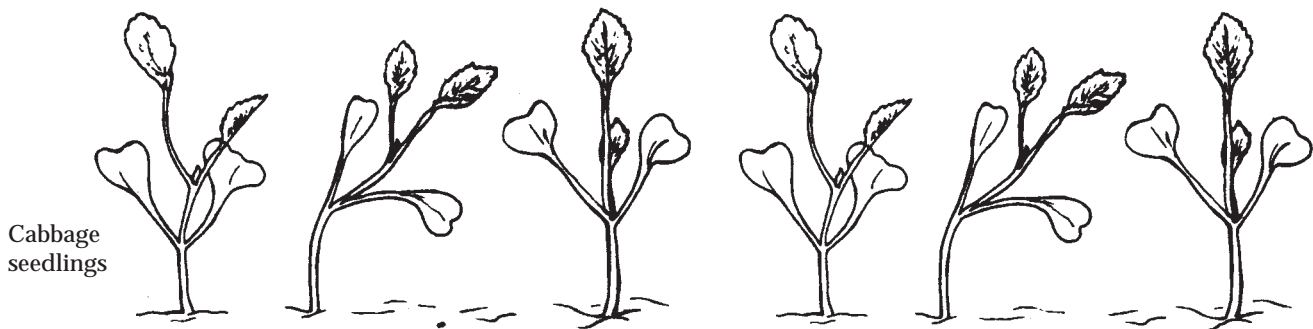
Cabbage is good served raw in slaw and salads. You may cook cabbage in a small amount of boiling water until just tender. You also can make it into sauerkraut.

The outer leaves of cabbage are high in nutrients, so don't throw them out unless they are wilted or tough.

Storing

To keep cabbage crisp and fresh, store it moist in a plastic bag or in a covered container in the refrigerator. It will keep 1 or 2 weeks.

Cabbage is best fresh, but it can be kept for several months if kept in a cool, moist place like a cellar or basement.



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