

Cabbage



Botanical Name: Brassica oleracea

Family: Brassicaceae

Plant Type: Annual, Biennial Vegetable

Size: 1 - 2 feet

Sun Exposure: Full Sun

Preferred Soil: Loamy, well-drained

Preferred Ph: Acidic, neutral

Hardiness Zones: 2-11 (USDA)

Spacing: 12 - 18 inches apart

Planting: Spring, start seeds indoors 6-8 weeks before the last frost date, Fall 6-8 weeks before the first expected frost

Bloom/Harvest: about 70 days

Suitable Planting Locations:

Outdoor / Indoors

Other Notes:

Temperatures higher than 80 F cause it to wither or bolt.

Cabbage is a cool-season vegetable that can be easily grown in many regions. When planting cabbage, choose a sunny spot with well-drained soil. Prepare the soil by adding organic matter and ensuring it has a pH level of 6.0-7.5.

Start cabbage seeds indoors about six to eight weeks before the last frost date or purchase young plants from a nursery. Transplant the seedlings into the garden when they have at least two to three true leaves and are approximately six inches tall.

To care for your cabbage plants, provide them with consistent watering, about one inch per week. Mulching around the plants will help retain moisture in the soil and reduce weed growth.

Keep an eye out for common pests such as aphids, cabbage loopers, and slugs. Use organic insecticides or handpick these pests to prevent damage to your cabbage crop.

As cabbages mature, their outer leaves may turn yellow, indicating readiness for harvest. Harvesting can be done by cutting the head off at its base using a sharp knife.

