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Seeds for Africa

Cabbage – Brassica Oleracea

Cabbages thrive when planted with herbs such as dill, mints, rosemary, thyme, and chamomile. Cabbage also grows well with other vegetables and are good companions to onions, garlic, peas, celery, potatoes, broad beans, and beets.

Cabbage contains more vitamin C than oranges, as well as a large number of minerals, including iodine, sulphur, calcium, magnesium, and potassium. The outer leaves of cabbage contain more Vitamin E and calcium than the inner leaves.

PROPAGATION / SOWING OF CABBAGE:

Plant cabbage seeds $\frac{1}{4}$ - $\frac{1}{2}$ " deep. Transplant or thin small cabbage plants to 15-18" apart in rows 32-36" apart. Cabbage. Transplant after 4-6 weeks. Use a starter fertilizer, soaking the root ball thoroughly prior to transplanting. Direct seed in late spring, as seedlings can tolerate a light frost. Cabbage can be direct seeded up until mid-late June for a continuous harvest. Ideal soil temperature for cabbage should be 21-26°C (70-80°F) for optimal germination in 4-7 days.

CARE & GROWING OF CABBAGE:

Cabbage prefers full sun, but will tolerate part shade. Prepare a rich, loose soil that holds moisture well and has a pH level of 6.0-6.5. Cabbage is a heavy feeder and will also benefit from applications of boron, calcium and magnesium, particularly during the early stages of growth. To help deter Cabbage worms, use row covers in the earlier part of the growing season - this will prevent moths from laying eggs on the plant. It also helps to manually remove cabbage worms if visible.

HARVESTING OF CABBAGE:

Cabbage Heads are ready when firm and when the interior is dense. Heads will split when over mature; rapid growth due to excess moisture and fertility will also cause splitting.

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