

Cabbage



Sun: Plant in full sun (6 to 8 hours). Space 12 inches apart within rows or 1 plant per 5- to 7-gallon container. Plant January through mid-February and mid-July through mid-August.

Soil: Amend with organic matter to create a well-drained soil. Avoid planting in unamended sandy or heavy clay soils. If the soil test shows pH is below 6.2, apply lime in October or November as recommended.

For proper drainage in a container garden, use potting mix and ensure containers have drainage holes. Alternatively, consider using self-watering containers.

Water: Keep soil consistently moist but not saturated. Apply 1 to 2 inches of water each week. Avoid wetting leaves to prevent fungal disease. Mulch helps retain moisture.

Plant: Direct sow seeds $\frac{1}{2}$ inch deep. Start seedlings 3 to 4 weeks before planting, and slowly harden off 1 week before moving to the garden. Transplant when 3 to 4 leaves appear. If buying transplants, choose those with healthy color and a stocky appearance. Avoid those with flowers. Dig the planting hole as deep as the root ball. Firmly pat down soil and water deeply.

Fertilize: In the absence of a soil test, apply an all-purpose fertilizer (8-8-8 or 10-10-10) at planting according to label directions. Reapply beside plants, 4 to 6 inches from the stem (side-dress), at 3 to 4 weeks after planting.

Insects/Diseases/Weeds: Scout plants frequently for insect/disease damage. Use insecticidal soap (for soft-bodied insects) or Bt dust or spray (for caterpillars, or worms). Spray fungicide regularly to suppress common fungal diseases. Always follow label instructions. Mulch inhibits weeds and diseases.

Harvest: Harvest at 60 to 85 days, when the head becomes solid and firm. Harvest time varies depending on the variety.

Other: Plant spacing affects plant size; a minimum of 12 to 15 inches apart is recommended. Harvested cabbage can be stored in the refrigerator up to 2 months.

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