

CABBAGE

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ENVS 210

➤ Fun Facts

- Cabbage naturally grows in England and Mediterranean areas.
- It has been a part of the human diet more than 1000 years.
- Red cabbage contains more compounds than green cabbage.
- Cabbage is one of the oldest cultivated vegetables in Europe.
- Cabbage is biennial plant, which means that it finishes its life cycle in two years.

➤ History

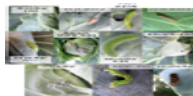
- The first “round-headed cabbages” appeared in the 14th-century in England, and it became a popular cuisine throughout Europe.
- Greeks called this cabbage “krambe” while the Romans called it “brassica” or “olus”.
- The first cabbage in America was brought by a French explorer Jacques Cartier on his third voyage 1541 – 1542.

❖ Different Types of Cabbage

- Red Cabbage.
- Napa Cabbage.
- Bok Choy.
- Savoy Cabbage.
- Brussels Sprouts.

➤ Benefits of cabbage

- *Protection from radiation therapy.*
- *Cancer Prevention.*
- *Heart Health.*
- *Immunity and Digestion.*



Pests

- Cabbage Looper.
- Diamondback Moth.
- Imported Cabbageworm.
- Cross-Striped Cabbageworm.
- Beet Armyworm.
- Flea Beetles.
- Cutworms.
- Cabbage Maggots

➤ Why Local? /Purchasing

- When purchasing cabbage, look for heavy heads with no signs of dehydration and no black spots
- Whether red or green, the leaves should be crisp and deeply colored.
- Check the stem to make sure it has no cracks around its base.
- If you don't use the full head of cabbage, you can store the rest into a plastic bag and stored in refrigerator for up to two weeks.

➤ How To Grow



Start cabbage seeds indoors 6 to 8 weeks before the last spring frost. ([See frost dates for your area](#)). Harden off plants over the course of a week. To prepare soil, till in aged manure or compost.

- Transplant outdoors 2 to 3 weeks before the last expected frost date.
 - Plant 12 to 24 inches apart in rows, depending on size of head desired.
 - Practice crop rotation with cabbage year to year to avoid a buildup of soil borne diseases.
 - They are all heavy feeders, depleting the soil faster of required nutrients; plus, they will attract the same pests and diseases.
 - Cabbage PH balance should be between 5.20-6.80

❖ *Cabbage can also be grown near beans and cucumbers.*



➤ Harvesting

- Harvest when heads reach desired size and are firm. This will take around 70 days for most green cabbage varieties. Most early varieties will produce 1- to 3-pound heads.
- Cut each cabbage head at its base with a sharp knife. After harvesting, bring inside or put in shade immediately.
- After harvesting, remove the entire stem and root system

from the soil to prevent disease buildup. Only compost healthy plants; destroy those with maggot infestation.

➤ Facts

- Cabbage is rich source of vitamins C, K, B6 and B9 and minerals such as manganese and calcium.
- It requires a lot of waters and nutrients such as nitrogen, phosphorus and potassium for successful growth.
- Can grow 16 to 24 inches in height during the first year of life and 4.9 to 6.6 feet during the second year of life.

Things Cabbage Can Be Added To

Cabbage can be eaten raw, steamed, boiled, roasted, sautéed, or stuffed.

- Fresh green salad
- Homemade soup or stew near the end of cooking

➤ Recipes

Boiled Cabbage With Meat



- Add meat of your choice salt pork (pork with salt on

it, turkey butt, turkey neck, ham hock if you like meat in yours and boil in a pot until tender and done.

- Wash cabbage, cut into quarters and place in pot.
- Add chicken broth juice or vinegar, and red crushed peppers or black pepper.
- Place top over the pot for 15-20 mins and serve.



Fried Cabbage

Take bacon and fry it for the grease, use bacon grease, olive oil, butter or vegetable oil.

Wash cabbage and cut it in quarters.

Add a little water and steam cabbage for 10-15 minutes.

Stir occasionally and check to make sure it doesn't burn.

Add crushed red peppers or black pepper or jalapeno peppers with a little vinegar if you like.

❖ *Sides that cabbage can be served with are cornbread and corn beef*

<https://www.medicalnewstoday.com/articles/284823.php>
<https://www.almanac.com/plant/cabbage>
<http://www.kraftrecipes.com/cooking-tips/foodbasics/seasonalproduce/cabbage.aspx>
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