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# virginia home food production



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## CABBAGE DEPARTMENT OF HORTICULTURE

Reprinted January 1981

BLACKSBURG, VIRGINIA MH 404

### ENVIRONMENTAL PREFERENCES

LIGHT: sunny

SOIL: well-drained

FERTILITY: rich

pH: 5.5-6.5

TEMPERATURE: cool (60-65°F)

MOISTURE: keep moist, not water-logged



### CULTURE

PLANTING: start seeds indoors for early spring transplants. Seed in beds or flats for fall transplants.

SPACING: 15-18" x 30-36"

HARDINESS: hardy biennial

FERTILIZER NEEDS: medium feeder, use starter fertilizer when transplanting, sidedress three weeks later (1½ oz. (33-0-0) per 10 feet of row)

CULTURAL PRACTICES:

Cabbage grows from March to December. It will withstand

temperatures as low as 15° to 20°F.

Buy locally-grown transplants or produce your own. Start them in growing structures four to six weeks before the first date when plants can be set out or sow a few seeds in the cold-frame or garden every month in order to have cabbage plants thereafter. It takes about three weeks to get plants ready from seeding to set during the summer months. Plant only the earliest varieties after July 1.

Plant spacing affects head size. Close space (12 inches apart in the row) produces small heads. Average spacing is 15 to 18 inches apart in rows 30 inches apart. Varieties

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. W. R. Van Dresser, Dean, Extension Division, Cooperative Extension Service, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.

for sauerkraut are spaced wider.

There are several types of cabbage - pointed, flat, green, and savoy.

Cabbage is harvested when it reaches adequate size, depending on variety and growing conditions. Firm heads are preferred, especially for storage. Heads can be left on the plant in the garden for about two weeks in the summer, three to four weeks in the fall.

### COMMON PROBLEMS

DISEASES: clubroot, yellows or fusarium wilt, blackleg or black rot

INSECTS: cabbage root fly maggots, cutworms, imported cabbage worms, cabbage looper worms, flea beetles, aphids

CULTURAL: head cracking or splitting (excessive water uptake and growth near maturity, use root pruning techniques)

### NUTRITIONAL VALUE

Raw Cabbage, coarsely shredded

|             |                   |                  |
|-------------|-------------------|------------------|
| 1 cup . . . | <u>Grams</u>      | <u>Calories</u>  |
|             | 70                | 18               |
|             | <u>% U.S. RDA</u> |                  |
|             | <u>Vitamin A</u>  | <u>Vitamin C</u> |
|             | 2                 | 60               |

### HARVESTING AND STORAGE

DAYS TO MATURITY: 70 - 100

HARVEST: when heads become firm, size will vary with variety, fertility, and spacing. If unable to harvest at maturity, bend over to break part of the roots to reduce head splitting.

APPROXIMATE YIELDS: (per 10 ft. row)  
10-28 lbs.

AMOUNT TO RAISE PER PERSON: 15 lbs.

STORAGE: very cold (32°F), moist (95% RH) conditions, 4-5 months

PRESERVATION: can as sauerkraut