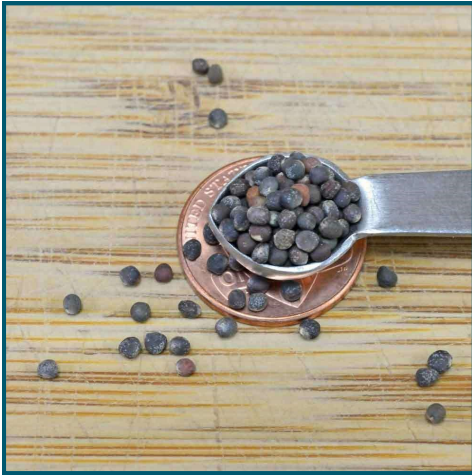




To maintain good genetic diversity, save seed from at least five cabbages.



## CREDITS

<https://www.seedsavers.org/early-jersey-wakefield-organic-cabbage>

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<https://www.wearesovegan.com/how-to-make-vegan-kimchi/>

<http://blog.growjoy.com/2020/10/02/how-does-cabbage-plants-make-seed/>

<https://blog.seedsavers.org/blog/saving-seeds-biennial-plants>

**Thank you to all volunteers and  
community partners for your  
support!**



Plan  a seed.

Find more information at  
**[rplmn.org/seed](http://rplmn.org/seed)**



# CABBAGE

*(Brassica oleracea)*



101 Second Street SE, Rochester, MN 55904  
507.328.2309 | [www.rplmn.org](http://www.rplmn.org)

## HOW TO GROW



Start Indoors: 4-6 weeks before last frost

Germination: 7-12 Days

Plant Outdoors: 24-36" Apart

Light: Full Sun

Plant cabbage seeds indoors 4-6 weeks before last frost. Cabbage prefers cool weather and can be transplanted outside just before the last frost date. Harden-off young plants for 5-7 days before planting them in the garden. Cabbage likes fertile soil and mulch to keep the soil cool and retain moisture.



Cabbage is susceptible to damage by cabbage moth caterpillars that will eat holes in the leaves. Pick caterpillars off by hand or spray Bt, which is approved for organic gardening.



## HOW TO HARVEST

Harvest cabbage once they have formed a dense head. Cut the stalk at soil level, leaving the stalk and root in the soil to decompose. Any damaged outer leaves can be peeled away and composted. Cabbage store for a long time in the refrigerator.



## HOW TO EAT

Cabbage is a crunchy, spicy addition to salads or made into coleslaw. It is also commonly boiled, fried, or roasted and included in soups and other dishes. Cabbage can be preserved by fermentation to become sauerkraut or kimchi.



## HOW TO SAVE SEED

### RATING: CHALLENGING

Cabbage is a biennial. It produces seed in the second year of growth. To save seed, plant cabbage for a fall harvest so that it matures late in the season.

Before the first hard frost, dig up the entire plant, including the roots, and repot into a container for winter storage in a location that will stay between 33 - 39 degrees with high humidity for the winter. Cabbage flowers in the second year of growth if they go through a cold period (vernalization).



In the second year, plant the cabbage plant back into the garden a few weeks before last frost and provide the same growing conditions as in the first year. Plant 3 feet apart.