

# CABBAGE



**Suggested Varieties:** Napa, Red Express, Copenhagen Market, Pixie

**Annual:** Grows for only one season

## Planting & Growing

Recommend starting from:



Seed



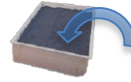
Seedling



Full sun or partial shade



Regular  
18 gal./week per box



Plant inside garden box

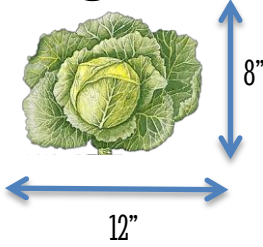


Plant 12-18 inches apart

## Harvesting

**Average time in ground:**  
14 weeks

**Germination time:**  
7-12 days



Average plant size

**Ready to harvest when:**

Head feels firm and solid when squeezed



**How to harvest:**

Cut off head, stump will produce multiple small cabbages if left in ground; or uproot entire plant if in need of space

**Common pests and diseases:**



Aphids



Snails



Slugs



Cabbage looper

## Eating & Storing



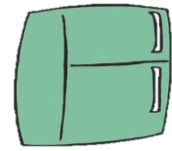
Soup



Sauté



Salad



Refrigerate

## Planting & Harvesting Schedule

J			F			M			A			M			J			J			A			S			O			N			D		
[Color-coded grid for sowing, planting, and harvesting months]																																			



Sow seeds



Plant seedlings in ground



Harvest months



For more information, visit [www.cityslickerfarms.org](http://www.cityslickerfarms.org)