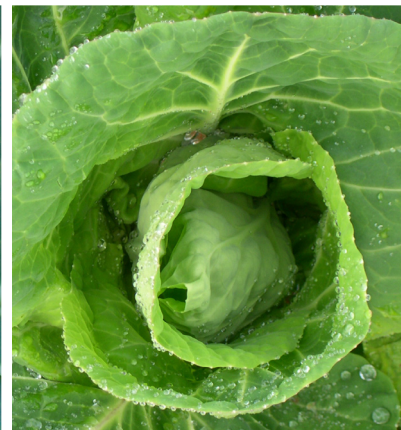


Cabbage, Spring

Vegetable



Cabbage, Spring

Suggested varieties: *Advantage F1, Myatt's Offenham, Pixie, Wintergreen*

PLANT



Sow seed 0.5cm deep in pots or seedbed. Thin or transplant to 10x30cm apart, planting firmly. Choose fertile soil and sunny site

GROW



Pull soil around stems ('earth-up') in autumn and firm plants loosened by wintry weather. Remove yellowing leaves. Use cloches to advance growth in spring

EAT



Use thinnings for early leaves. Leave alternate plants to form 'hearts' of compact leaves and cut when firm. Stumps will sprout leaves (cut crosses into stems 1cm deep)

Growing guide

Give it a go...

Average time to harvest

32-40 weeks

Equipment needed

None

Germination time

7-12 days

Average plant size

20-30cm tall and wide

Family group to grow with

Brassica: cauliflower, turnip

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin A, folate, vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 Use cloche

2.5cm = 1 inch 30 cm = 1 foot