

Cabbage, Summer and Autumn

Vegetable

Suggested varieties: *Derby Day, Minicole F1*

PLANT



Regularly sow seed 0.5cm deep in pots or seedbed. Thin or transplant to 30cm apart (45cm for larger heads). Plant firmly. Choose fertile moist soil

GROW



Water in dry weather. Mulch to conserve moisture. Remove yellowing leaves. Feed with a general organic fertiliser in summer to boost growth

EAT



Cut 'hearts' of compact leaves when firm, 2.5cm above soil surface. Stumps will sprout smaller cabbages (even more if you cut crosses into stems 1cm deep)

Growing guide

Give it a go...

Average time to harvest

20 weeks

Equipment needed

Mulch (eg compost)

Germination time

7-12 days

Average plant size

20-30cm tall and wide

Family group to grow with










Brassica: broccoli, cauliflower

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

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

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