



Gourmet Vegetables Feed the Family[®]



Cabbage



DESCRIPTION

Market Prize cabbage should be a staple at every family table!

Part of the same family as the cauliflower and the broccoli, varieties now come so mild that the dank flavor everyone associates with the cabbage is a thing of the past. Beautiful when sliced for coleslaw, or slowly sauted in butter with a roast dinner, it really is lovely and sweet with a mild flavor. The perfect cabbage head, once the outer layers are peeled off, should be about the size of a softball. It's a leafy plant that needs lots of space in the vege patch. The crop can be thinned out as the plants increase in size. These early harvests will never go to waste as a young cabbage is delicious in salads.

Ruby Perfection. Produces heavy yields of round red cabbage. Flavorful and crisp. H 12-24in/30-60cm

Emerald Cross. Hybrid vigor. Produces early heads around 6-9in/15-23cm across. Does not burst and stands well.

Golden Acre, Produces 1.5kg heads that are succulent, sweet and tender. Heads are round and compact. Known for its early production and uniformity, good for coleslaw or stirfry.

Red Mini Cabbage, Small round, firm, red cabbage with small core. Grow all year round Use cooked or fresh. Matures in 10 to 12 wks.



USES

Grown at all times of the year, all over the world, in more than 3000 different varieties

what dish can't you use this versatile vegetable in? As popular in the United Kingdom, as it is in China, India and America, every cuisine has a special dish which showcases the cabbage.

The best thing about this food for the modern family is that it's easy to cook and packed with vitamins and nutrients. Can be eaten raw, cooked, or pickled and stores well in the fridge.



ROWTH

Like the cauliflower, cabbages are best sown in a seedling planter and once big enough, transplanted to a sunny spot in the garden. Of all the seedlings you will be able to choose the strongest plants to grow up, while the rest can be used as 'greens' in the kitchen. You will know they are ready to transplant when they are about 4-6 in/10-15 cm tall. Allow a 12-18 in/30.5 - 45.72 cm between each plant in all directions, for their growth to maturity.



CULTIVATION

Turn the earth months before planting because cabbages like firm soil as they have fragile root systems. Also, you shouldn't fertilize the soil too close to planting, so perhaps months before when you are turning the earth, is also a good time for fertilization. When weeding, keep in mind their preference for firm soil and fragile roots – best keep any plough close to the surface. Harvest the cabbages when they are firm, before they split. There will be about 6 outer leaves to peel off before you get to the deliciously fresh and firm part of the vegetable. When harvesting the cabbages, cut them off with a sharp knife close to ground level. If you are growing during the spring time, after you have removed the cabbage head, cut a line 1.27 cm deep cross into the stump and a second crop of smaller cabbages will grow from the stump. You can store cabbages in cool dark places after they have harvested, but are best used immediately.



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