

## Planting

Plant 3/20-4/20 or 7/20-8/5  
(Guidelines for planting in raised beds)

**Transplants:** Plant 15-18" apart in rows spaced 15-18" apart. Cover the seeds with a half inch of soil.

**Seeds:** We recommend not starting cabbage plants from seed outdoors. However, seeds may be started indoors under lights 5 to 7 weeks before the outdoor planting date.

## Care

**Plants:** Water when the top inch of soil dries out. Mulch the plants with cotton burr compost or straw to keep the soil moist and prevent weeds. In order to prevent cabbage loopers from chewing through the leaves, apply organic Dipel Dust to the plants.



KANSAS CITY  
COMMUNITY  
GARDENS

www.kccg.org • 816-931-3877  
6917 Kensington Ave  
Kansas City, MO 64132



## Cabbage

*Brassica oleracea*

### Nutrition Facts

- Cabbage contains iron, which helps supply oxygen to the body and bloodstream.
- Cabbage is also an excellent source of fiber, Vitamin A, Vitamin C and Vitamin E, which provides the body with antioxidants.

## Harvest & Storage

Cabbage heads should be cut and harvested when they are firm to the touch. Use a knife to cut off the head of the cabbage.

Young heads that are still growing generally store best. Store in the refrigerator for up to two weeks.

## Recipe

\*Wash all vegetables before using\*

### Summer Mix

1/2 head cabbage  
2 carrots  
1/4 onion  
1 apple  
1/2 cup raisins  
2 tablespoons lemon juice  
3 tablespoons honey

Finely chop cabbage and onion. Shred carrots. Core and finely chop apple. Combine everything into a large bowl along with the raisins. In a separate bowl, mix the lemon juice and honey together. Pour over the ingredients, mix well and enjoy.