

# Free Workshops

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Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

**See the schedule and register at:**  
[kccg.org/workshops](http://kccg.org/workshops)

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# Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

**Find them at**  
[kccg.org/gardening-guidesheets](http://kccg.org/gardening-guidesheets)

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

**Find them at**  
[kccg.org/how-to-videos](http://kccg.org/how-to-videos)

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# Together We Grow

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KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.

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[@KansasCityCommunityGardens](https://www.facebook.com/KansasCityCommunityGardens)



[@kcccommunitygardens](https://www.instagram.com/kcccommunitygardens)



[www.kccg.org](http://www.kccg.org)



816.931.3877



[contact@kccg.org](mailto:contact@kccg.org)



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Kansas City, MO 64132

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# Volunteer

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Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

To join the fun, visit  
[www.kccg.org/volunteer](http://www.kccg.org/volunteer)

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# Growing Great Cabbage

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**KCCCG**  
KANSAS CITY COMMUNITY GARDENS

# KCCG's Varieties

**Bravo (F1)** - 85 days - Widely adapted mid-season cabbage with very large blue-green heads and excellent disease resistance. (hybrid)

**Charmant** - 65 days - Darker green, larger version of Stonehead. Upright plant habit and dense head forms slowly for extended cutting period. High quality fresh cabbage. Yellow tolerant. (hybrid)

**Napa** - 60 days - Light green leaves form a barrel shaped head of 4-6 lbs. Slow bolting and equally good for early spring and fall crops. (hybrid)

**Red Express** - 63 days - Extra early, red compact plants, solid 2-4 lb. heads with good appearance and flavor. Relatively split resistant. (hybrid)

**Savoy Ace** - 73 days - Deep green color wrinkled leaves, tolerant to cold, tender and sweet. (hybrid)

**Stonehead** - 67 days - A very popular mid-season variety. Very solid heads average 4 lbs. More resistant to splitting. Yellow tolerant. (hybrid)

## Planting:

Plant 3/20-4/20 or 7/20-8/5 in the KC area.

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.

## Harvest and 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.

## Nutritional 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.