



Cabbage

Produced by:



— THE LAND —
CONNECTION

When to Start Seeds:

Plant seed indoors in mid-March for spring planting or mid-June for fall planting

When to Plant Starts or Seedlings Outdoors:

Mid-April for spring planting or mid-July for fall planting, using plants that are at least 4-6 weeks old

Container Size for Container Gardening:

Use a 13 gallon container that is approximately 18-24 inches wide and 18 inches deep

Ground Spacing for In-Ground Gardening:

12-36 inches of space between plants

Hours of Sunlight:	8-12 per day
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Amount of Water:	15 cups per week
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Harvest:

Days Until Harvest: 98 days from planting outdoors

When cabbage head is firm, use a sharp knife to cut the stem close to the ground. Discard the outer leaves. Store unwashed, whole cabbage in a plastic bag in the refrigerator drawer. Store up to 2 months. Wash leaves before eating.



The information provided in this card is not exact for every growing experience and was designed for Champaign, Illinois in Zone 5b. You should read your seed packet or consult your local Extension agent for questions specific to your growing conditions.

Planting:

Plant seeds in 2-inch square by 3-inch deep containers with potting soil or seed starting mix. Seeds should be planted $\frac{1}{4}$ inch below the soil and kept damp and warm (75 degrees Fahrenheit) until plants appear. When daytime temperatures are 55-75 degrees Fahrenheit, overnight temperatures are above freezing, and plants are 8 weeks old, you can plant one plant per 18- or 24-inch wide by 18-inch deep container or 18-36 inches apart in the ground.

Care:

Keep the area around the plant free of weeds. Use a liquid fertilizer 4 weeks after growing begins. Give plants a little water every 3-4 days, either from rain or faucet, trying to maintain about 15 cups of water per week. Water plants in the morning, if possible, since plants produce nutrients during the day and need water to do this. Cabbage prefers cool temperatures and may begin to wilt when it's hot. Move containers to less sunlight on hot days if possible.

Pests & Disease:

Watch for flea beetles, which are the size of a sesame seed. Also, watch out for cabbage loopers that are 1 inch green worms. Using a fabric row cover is the best insect and rabbit control for cabbage. Many diseases can be managed by providing fertilizer and water regularly, having good airflow without overcrowded plants, and keeping water off of the leaves.

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