

# Cabbage

(*Brassica oleracea*)

## Recommended Varieties

### **Early** (<100 days from time of planting to harvest)

Stonehead  
Early Jersey Wakefield  
Darkri (small heads)  
Golden Acre  
Copenhagen Market

## Disease Resistance

AAS,F  
F  
  
F

### **Late** (>100 days from time of planting to harvest)

Premium Flat Dutch  
Danish Roundhead

### **Red**

Ruby Ball Hybrid  
Red Head

AAS  
AAS,F

### **Savoy**

Savoy Ace  
Savoy King

AAS,F  
AAS, BS

Along the coast, it is possible to grow cabbage throughout the year. Low temperatures may cause early bolting in young plants. Avoid this problem by planting slow bolting types or delay planting until the weather warms up. In the interior valleys, cabbage does well when plants mature from late fall to early spring. Plants started in flats are ready for transplanting in about 8 weeks. Harvest when the heads are quite firm and well filled. Some cabbages can be kept reasonably well in the field during cool weather, and they also store well after cutting. When overmature, cabbage heads may burst.

It is best not to plant cabbage family crops (cole crops such as cabbage, broccoli, cauliflower, and brussels sprouts) in the same spot year after year, since diseases and insect pests will build up. Rotate crops within your garden.

## **Nutritional Value of Red Cabbage**

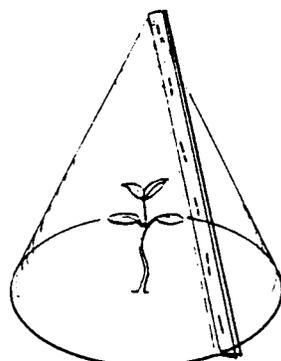
Serving size:	1/2 cup, shredded, boiled	<u>Primary Nutrients</u>	<u>%RDA(m)</u>	<u>%RDA(f)</u>	
Calories	16	Vitamin C	26 mcg	43	43
Fat	0.2 g	Folic acid	9 mcg	4.5	5
Calories from fat	11%				
Cholesterol	0				
Sodium	6 mg				
Protein	0.8 g				
Carbohydrate	3.5 g				
Dietary fiber	1.8 g				

## Problem Diagnosis for Cabbage

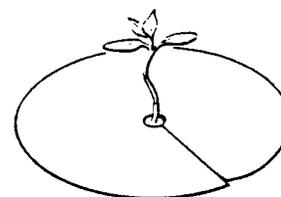
What the Problem Looks Like	Probable Cause	Comments
Head cracking	Excess nitrogen fertilizer	Fertilize properly.
	Excess water taken up by plant	Do not overwater. Harvest heads at maturity
Poor heading	Overcrowding	Thin plants early.
	Dry soil	Irrigate properly.
	Root rot	Rotate; remove old plant debris.
Stunted, yellowed plants	Poor fertility	Test soil.
	Dry soil	Irrigate properly.
	Fusarium fungus	Use resistant varieties.
Irregular holes in leaves. Chewed leaves. Small seedling plants destroyed.	Caterpillars (cabbage loopers, armyworms) Snails, slugs	<i>Bacillus thuringiensis</i> is very effective.
Small holes in leaves Chewed growing points in young plants. Loose cocoons about 1/3 inch long on leaves.	Diamondback moth caterpillar	<i>Bacillus thuringiensis</i> is very effective. Older plants not damaged. Destroy weeds (mustard type) before planting.
Deformed, curled leaves. Colonies of gray-green insects on leaves. Sticky honeydew.	Aphids	Use insecticidal soap spray Control ants with sticky barrier or insecticide Encourage beneficials.
Distorted leaves turning brown. Wilted plants.	Harlequin bug	Insects suck fluids from plant tissue. Handpick bugs and egg masses. Remove old, nonproductive cole crops -- wild radish, mustard -- since they're alternate hosts.
Tunnels through roots. Plants fail to grow, may wilt, die. Feeding tunnels in germinating seedlings, which fail to produce plants.	Cabbage maggot	Prevent infestation. Rotate. No practical control when maggots occur on growing crop. See next page.

<b>What the Problem Looks Like</b>	<b>Probable Cause</b>	<b>Comments</b>
Stunted, wilted plants. Leaves yellowish-colored. Small, glistening white specks on roots.	Cyst nematode	Rotate. Do not plant cole crops on same site year after year.
Wilted plants. Swollen, misshapen roots. Roots rot; plant dies in later stages. Heads suddenly split	Clubroot Caused by the fungus <i>Plasmodiophora brassicae</i>	Common in acid soils. Add lime if pH below 7.2. Rotate for at least two years.
	Improper watering. Drought; hot, dry weather followed by excessive water uptake	Do not allow soil to get too dry. If it does get too dry, apply water slowly at first. Prune roots to reduce water uptake and slow growth.
<b>Bolting</b> Heads soft and rotted	Physiological disorder Bacterial soft rot	Plant at right time. Rotate; plant in well-drained soil.
Leaves riddled with shotholes	Flea beetles	Control weeds. Use rotenone with insecticidal soap.

## Two preventive devices for protecting plants from cabbage maggot



screen cone



foam or tar paper disk

The cone-shaped screen cover is constructed from standard window screen fixed to a wooden frame. It can protect plants until they grow big enough to tolerate damage. The screen cone covers can be stacked and stored for future use. Another preventive, mechanical barrier to fight cabbage maggot is a 3-inch diameter disk of tarred paper, foam rubber, or other sturdy material placed flat around the base of each plant as it is transplanted. Cut a hole in the center of each disk for the transplant's stem. The disk prevents adult flies from laying eggs near plant stems and may also encourage the aggregation of predatory beetles that eat cabbage maggot eggs and larvae. Both devices and other management strategies are described in detail in *Pests of the Garden and Small Farm: A Grower's Guide to Using Less Pesticide* (Publication 3332).