



Cabbage

Planting from Seed

When to start seeds indoors: 8-10 weeks before the spring frost date

Earliest date to transplant hardened off seedlings:

4 weeks before spring frost date

Days of Germination: 4-7 days (in optimal conditions)

Planting in the Garden

Recommended garden type and method: Transplant or direct sow, field grown, hoop house, or raised beds

Spacing: 3-4 seeds 12" apart, rows 24" apart. Transplants 12" – 18" apart, rows 18" – 36" apart

Companion Plants: beets, chives, wormwood or other herbs

Harvesting

1 seed = 1 plant = 1-3 lb. head

Days to Harvest: From transplant 60-100 days

Directions: Harvest when heads reach desired size and are firm. Cut the head at its base with a sharp knife. Retain the loose large outer leaves. Cool immediately. Wrap lightly in plastic for refrigerated storage.

Use in the Kitchen

Vegetable subgroup: Other

Preparation: Wash exterior of head, shred (if desired)

Menu Planning Ideas: Raw or sauté, slaw

Suggested Flavor Enhancers: Apple cider vinegar, caraway seeds



The Lifecycle of Farm to School

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