



Cabbage

Plant: Plant cabbage seeds $\frac{1}{4}$ - $\frac{1}{2}$ " deep. Transplant or thin small cabbage plants to 15-18" apart in rows 32-36" apart. Cabbage transplants can be started in April for May planting. Transplant after 4-6 weeks. Use a starter fertilizer, soaking the root ball thoroughly prior to transplanting. Direct seed in late spring, as seedlings can tolerate a light frost. Cabbage can be direct seeded up until mid-late June for a continuous harvest. Ideal soil temperature for cabbage should be 21-26°C (70-80°F) for optimal germination in 4-7 days.

Grow: Cabbage prefers full sun, but will tolerate part shade. Prepare a rich, loose soil that holds moisture well. Cabbage is a heavy feeder and will also benefit from applications of boron, calcium and magnesium, particularly during the early stages of growth.

Harvest: Cabbage Heads are ready when firm and when the interior is dense. Heads will split when over mature; rapid growth due to excess moisture and fertility will also cause splitting.

Nutritional Information:

Nutrition Facts	
Serving Size 1/12 medium head (84g)	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 0%	Vitamin C 70%
Calcium 4%	Iron 2%

Cabbage is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin, Calcium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Folate, Magnesium, Potassium and Manganese.

How to Prepare: Cabbage can be used cooked or raw in dishes from corned beef and cabbage, soups & stews, to cold dishes such as coleslaw. Another popular use of cabbage is to allow it to ferment to produce sauerkraut. Cabbage leaves are also used as a wrap for other foods. Preparing cabbage basically consist of cleaning and cutting the cabbage to the desired size.



Cabbage-Apple Coleslaw

Yields: 4 servings

Serving size: ¼ cup

Ingredients

3 cups cabbage
2 medium apples
¼ cup water
1 Tbsp apple cider vinegar
a pinch of salt

Preparation

1. Shred cabbages.
2. Cut apples into thin slices.
3. In a medium skillet, cook cabbage, apple, and water covered. Cook until tender.
4. Add in vinegar and salt.
5. Serve warm as side or topping of a meat dish.

Nutrition Facts per Serving:

68 calories, 0 g fat, 18 g carbohydrates, 4 g fiber, 1 g protein