

# URBAN FARMER

LOVE THE EARTH

## From Seed to Harvest: A beginner's guide to growing cabbage

Cabbage is a fairly easy plant to grow, as it is a hardy vegetable, and also comes in different colors, such as red, green and white. Most cabbages will have smooth, tightly packed heads of leaves, but some varieties have crinkled leaves. Cabbage belongs to the Cole crop family, like broccoli and Brussels sprouts and has more vitamin C than oranges.

### To plant:

Cabbage is cold-hardy and can be planted four weeks before the last frost, but plants should be protected from harsh winter weather. For a fall harvest, plant six to eight weeks before the first frost. When transplanting, bury about one to two inches of the stem. Plant 15 to 18 inches apart. For optimum harvesting, plant a few different varieties of cabbage depending on their harvest times to have cabbage all season long.

### To grow:

Cabbage plants do better when planted near herbs like dill and rosemary. Cabbage can be damaged by cabbageworms, and to deter these, use row covers while the plants are young. Fertilize plants with a high-nitrogen fertilizer, and be sure to water evenly, as uneven water can split the heads. Cut back on watering as cabbage reaches maturity, as this also can split the heads. Avoid planting cabbage near strawberries, tomatoes or pole beans.

### To harvest:

Cabbage heads are ready for harvest when the head is firm and its interior is dense. Harvest before the plant splits. When cabbage is ready to harvest, the base of the head will be four to six inches across.



[Savoy Perfection Cabbage seeds](#)  
[available at ufseeds.com](http://ufseeds.com)

When you cut the heads, leave the leaves on the stem behind. Smaller heads may grow again for a later harvest.

### What cabbage craves:

Cabbage grows best in a soil with a pH between 6.5 and 6.8, and it should be grown in full sun. It prefers even moisture of about 1 or more inches per week. Mulching helps with providing even moisture. To prevent disease in the future, alternate cabbage and other vegetables that aren't members of the Cole crop family each year. It grows best in climates where there is a long cool season, such as temperatures between 45 and 75 degrees.

### Where to buy cabbage seeds:

Urban Farmer sells cabbage seeds for many different varieties, including red, purple and green kinds. Check out our website at [ufseeds.com!](http://ufseeds.com)



100%  
Non-GMO Seed



One Day  
Shipping



100%  
Satisfaction Guarantee



Family  
Owned + Operated