

# URBAN FARMER

LOVE THE EARTH

## Common pests and diseases: Cabbage

When growing vegetables, it is always exciting to care for the plant throughout its growing phase and then harvest it for delicious recipes later on, but one thing to watch out for is pests and diseases. Different plants are susceptible to different types of pests and diseases, and it is important to make yourself aware so you can keep a watchful eye and also take any preventative methods to keep your plants safe throughout their lifespan.

Cabbage can fall victim to several different pests and diseases.



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

### Pests:

One of the most popular insects affecting cabbage is the cabbage worm. This insect also affects other members of the Cole family, such as broccoli.

Cabbage worms are the larvae of the moths and butterflies. If you see white or gray moths around your cabbage plants, that could be proof later on, you'll have problems with the cabbage worms. The cabbage worms feed on the broccoli leaves, which can then cause serious damage. If you see them on the leaves, hand-pick them to remove them. You can also control the younger larvae with certain insecticides that contain *Bacillus thuringiensis* or spinosad.

Cabbage loopers are another popular pest that harms the cabbage plants. You can typically find them on the undersides of the leaves or along the leaf margins. They are light green and will typically feed on the leaf in between the leaf's veins. Apply your treatment early on because the

cabbage loopers are more difficult to treat the older they are. You can also use pheromone traps to detect the adult cabbage looper's presence.

Aphids are another pest that can harm cabbage plants. They are tiny insects with soft bodies, and they feed on the broccoli leaves' undersides. They will cause the leaves to wrinkle or become discolored. Spray the insects with water from the hose and that will knock them off. Use insecticidal soap or neem oil to treat the infestations.

Another pest affecting cabbage plants is the flea beetle. Flea beetles are small, black insects which causes holes in the foliage of the plant. If flea beetles continue to feed, it can kill seedlings or, if the plants are older, reduce the yield. To treat, use insecticides that are specifically for flea beetles. The beetles can overwinter in the soil, so to prevent that issue, make sure you clean up your end of season crop well.



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Cutworms are another popular pest affecting cabbage, and they usually feed at night. To prevent this, you can plant seedlings instead of seeds and wrap collars around the stems to protect them.

## Diseases:

Cabbage plants are mostly affected by bacterial and fungal diseases, like downy mildew which attacks both the seedlings and the adult plants. The plants affected by this disease develop mold on the lower part of the leaf's surface. The upper part of the leaf will then turn brown and die. The best way to prevent this disease is to rotate your crops so that you don't plant Cole family crops in the same place more than once every three years.

You can find cabbage seeds on our website at [ufseeds.com](http://ufseeds.com)!



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