

# CABBAGE

**Spanish:** repollo **Russian:** kapusta (капуста) **Vietnamese:** bắp cải

The cabbage we know today came from a wild variety found in various parts of Europe. From this plant, other varieties have been cultivated that are part of the cabbage family (known as brassicas), such as brussel sprouts, kale, cauliflower, broccoli, and kohlrabi. Many varieties within the brassica family can grow year round in Oregon. These plants prefer cooler weather and are best suited for late spring and fall harvests. The cold temperatures help the sweeter flavors emerge.



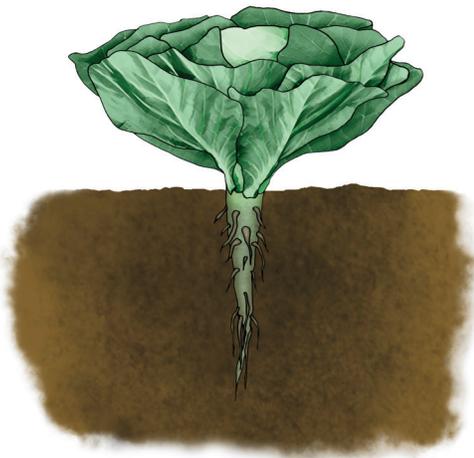
**FIND OUT MORE:**

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5513.pdf>

[http://www.harvestofthemonth.cdph.ca.gov/download/Winter/Cabbages/Cabbage%20-%20Educator's%20Newsletter\\_Final.pdf](http://www.harvestofthemonth.cdph.ca.gov/download/Winter/Cabbages/Cabbage%20-%20Educator's%20Newsletter_Final.pdf)

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## FROM SEED TO PLATE



Cabbages, and the brassica family, are annual vegetables that need to be replanted with each growing season. If left to over-winter, brassica flowers are edible and delicious, resemble long stemmed broccoli, and are sold in stores as rapini or raab. They vary in thickness and density, but are a wonderful treat first thing in the spring when other plants haven't yet matured.

**FIND OUT MORE:**

<http://www.ces.ncsu.edu/depts/hort/hil/hil-8513.html>

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## DID YOU KNOW?

The word cabbage derives from the French word for “head:” *caboche*.

## IN THE GARDEN

Cabbage is easy to grow and fun to watch! There are green and red varieties (red has more of a purple color), savoy which has wrinkly leaves with both green and purple hues, and Napa (also called Chinese Cabbage), which is tall and narrow. Cabbage can be started indoors in February and planted in late March/early April.



**SUN:** Can tolerate half sun conditions.



**WATER:** Cabbage requires consistent soil moisture for full development – make sure to water on especially hot and dry days.



**SOIL:** Cabbage grows best in fertile, well-drained soil with high organic matter content.



**SEEDS:** Sow seeds ¼ - ½ inch deep in a tray or seeding cell. Be sure to keep the seeds and young plants moist. If planting late season cabbage for the fall, make sure that seeds are protected from direct sunlight.



**PLANT:** Cabbage prefers to be transplanted, but you can start the seeds in a tray to transplant into your garden after established. Transplant them early enough that the plants can mature before the peak of summer's heat. If possible, transplant on a cloudy, rainy or overcast day to minimize shock from the sun.



**SPACE:** Plant cabbage transplants 12-24 inches apart in rows spaced 12-24 inches apart. Both numbers depend on the size of the cabbage being grown – provide more space for a larger head of cabbage.



**CARE:** If planting in cells, thin each cell to one plant to ensure proper growth.



**HARVEST:** Spring planted cabbage can be harvested in mid-late July, and late summer cabbage (aka late season cabbage) can be harvested as late as December.

## STORAGE AND HANDLING

- Refrigerate cabbages in a plastic bag.
- Choose firm cabbages that are heavy for their size.
- Before slicing, cut cabbage in half and remove core.
- If trying other types of brassicas such as kale, chard or mustard greens, choose greens with full, firm leaves.
- Avoid wilted, yellow, or slimy greens.

### FIND OUT MORE:

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5510.pdf>

<http://nwrec.hort.oregonstate.edu/cabb.html>

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<http://nwrec.hort.oregonstate.edu/cabb.html>

<http://urbanext.illinois.edu/veggies/cabbage.cfm>

## IN THE KITCHEN

Cabbage and the rest of the brassica family provide endless opportunities for delicious meals! Make a healthy slaw for tacos by finely chopping cabbage and mixing with chopped cilantro, vinegar, lime juice, cumin, salt and pepper for a Mexican take; finely slice onion and sauté, add cubed potatoes, and 1 head of chopped cabbage, simmer in vegetable broth and caraway seed for an Irish twist; peel cabbage leaves, stuff with cooked ground beef mixed with onions, roll up and place in a baking dish for a Polish flair.

Try the classroom recipe at home, with this family-size version:

### VEGETABLE SOUP

Serves 4-6

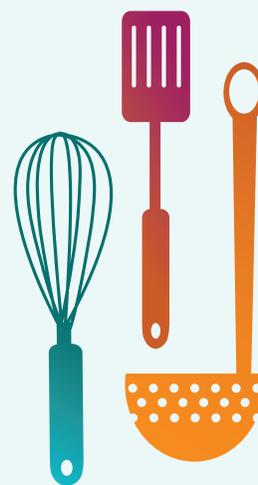
#### INGREDIENTS

1 small onion  
1 garlic clove  
1 Tbs. olive oil  
1 carrot, peeled  
1 small potato, peeled  
1 beet, peeled (optional)  
½ tsp. salt  
4 cups vegetable broth  
1 teaspoon dried thyme or other seasoning of choice  
1 16 oz. can whole tomatoes, with juice  
1 cup cabbage (about ¼ small head)  
1 winter squash (e.g. butternut) or sweet potato, peeled (optional)  
Salt and pepper, to taste (optional)

#### DIRECTIONS

1. Chop the onion and mince garlic. Set aside.
2. Slice the carrot into slivers. Dice the potato and the beet (if using). Slice the cabbage. Cut the squash or sweet potato into 1-inch cubes (if using). Set all vegetables aside.
3. Heat the olive oil in a large, wide pot.
4. Add the onion and garlic and sauté over medium heat, until onion is soft and translucent (about 10 minutes).
5. Add the carrot, potato, beet (if using), and salt. Sauté for 4-5 minutes.
6. Add the broth and bring to a boil.
7. Once the soup boils, reduce the heat and simmer for 20 minutes.
8. Add the tomatoes with juice, the cabbage, and the winter squash or sweet potato (if using). Simmer about 20 minutes, or until vegetables are tender.

\* Adapted from Jane Kirby, <http://www.parenting.com/article/fall-vegetable-soup>



## FAMILY CONNECTIONS

The family newsletter for cabbage can be sent home at the beginning of the month. The newsletter is available in English, Spanish, and Russian. Print the first page only, or add photos and stories to the second page and print both sides for families.



### GET PARENTS' ATTENTION!

- Attach the newsletter to the child by attaching a string of yarn to the paper and making a newsletter “necklace” or pinning the newsletter to an article of clothing.
- Attach the newsletter to a drawing or other piece of artwork created by the child
- Get a set of “Ask me about \_\_\_\_” stickers or nametags, or use blank nametag stickers to draw attention to the fruit or vegetable of the month. Send each child home with an “Ask me about cabbage!” sticker for the cabbage month.
- Offer tastes of the recipe of the month at a parent meeting, or when parents pick up their children from your site.

### CABBAGE VARIETIES



Green • Red • Napa • Savoy



### ABOUT HARVEST FOR HEALTHY KIDS

Harvest for Healthy Kids is a nutrition program designed to introduce children to a wide variety of fruits and vegetables through their meals and snacks and classroom activities. Monthly family newsletters engage families as partners in helping children to develop healthy eating habits. Harvest for Healthy Kids is a partnership between Mt. Hood Community College Head Start and the School of Community Health at Portland State University.