Cabbage Red Imported- Seeds

1 packet contains Cabbage Red Imported - 40 seeds.

Rating: Not Rated Yet
Price
Sales price R 115

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Description Cabbage (Brassica oleracea or variants) is a leafy green biennial plant, grown as an annual vegetable crop for its dense-leaved heads. Closely related to other cole crops, such as broccoli, cauliflower, and brussels sprouts, it descends from B. oleracea var. oleracea, a wild field cabbage. Cabbage heads generally range from 1 to 8 pounds (0.5 to 4 kg), and can be green, purple and white. Smooth-leafed firm-headed green cabbages are the most common, with smooth-leafed red and crinkle-leafed savoy cabbages of both colors seen more rarely. This cool-season crop grows best when daytime temperatures are in the 60s F. Direct-seed or transplant spring crops for fresh use in summer. Plant fall crops for winter storage or sauerkraut. Lifecycle: annual Ease-of-care: moderately difficult, Requires good soil, timely planting and protection from pests. Height: 1 to 2 feet Spread: 1.5 to 3 feet Shape: cushion, mound or clump

Common name: wild cabbage, cabbage, broccoli, cauliflower, broccoflower, kale, borecole, collards, gai laan, kai lan, Brussels sprouts, kohlrabi, knol-kohl, purple sprouting, sprouting broccoli, calabrese.
Height: Height: 1 to 2 feet
Spread: 1.5 to 3 feet
Difficulty level: Easy to moderate

Planting & Care
The planting season for cabbage is quite long. Early cabbage should be transplanted as soon as possible so that it can mature before summertime heat. If you have been wondering when to plant cabbage plants, you should know that several varieties are available at different maturity times so you can have a harvest all summer long.

When thinking about when to plant cabbage plants, you should remember that hardened plants can be very tolerant of frosts. Therefore, you can plant these early in the spring with other cool season vegetables. Late cabbage can be started during mid-summer, but remember that they won’t develop a head until fall.

Sunlight: Cabbage needs at least 6 hours of full sun each day; more is better.

Soil: Requires well-drained soil, Prefers well-drained, fertile soil high in organic matter, pH 6.0 to 7.5. Can tolerate slightly alkaline soil. This heavy feeder also needs plentiful, consistent moisture.

Water: Water regularly, applying 1 to 1.5 inches of water per week if it doesn t rain.

Temprature: Germination temperature: 45 F to 85 F - Will germinate at soil temperatures as low as 40 F.

Fertilizer: Fertilize plants again with a liquid fertilizer such as fish emulsion or 20-20-20 after they begin to develop new leaves and when they

start forming heads.

Harvesting: Harvest when heads reach desired size and are firm. This will take around 70 days for most green cabbage varieties. Most early varieties will produce 1- to 3-pound heads. Cut each cabbage head at its base with a sharp knife. After harvesting, bring inside or put in shade immediately. To get two crops from early cabbage plants, cut the cabbage head out of the plant, leaving the outer leaves and root in the garden. The plant will send up new heads—pinch them off until only four or so smaller heads remain. When these grow to tennis-ball size, they'll be perfect for salad. After harvesting, remove the entire stem and root system from the soil to prevent disease build up. Only compost healthy plants; destroy those with maggot infestation. Cabbage can be stored in the refrigerator for no more than two weeks, wrapped lightly in plastic. Make sure it is dry before storing. In proper root cellar conditions, cabbage will keep for up to 3 months. See our article on root cellars.

Care:

- When transplants reach 5 inches tall, thin to make sure they are still the desired length apart.
- (The plants you remove can be transplanted elsewhere in your garden.
-) Fertilize 3 weeks after transplanting.
- Keep soil moist with mulch and water 2 inches per week.

Use
Medicinal use:

- Cabbage is a good source of beta-carotene, vitamin C and fiber.
- Studies suggest that it, as well as other cruciferous vegetables, may reduce the risk of some cancers, especially those in the colorectal group.
- Purple cabbage also contains anthocyanins, which in other vegetables have been shown to have anti-carcinogenic properties.
- Along with other cole crops, cabbage is a source of indole-3-carbinol, a chemical that boosts DNA repair in cells.
- The Ancient Greeks recommended consuming the vegetable as a laxative, and used cabbage juice as an antidote for mushroom poisoning, for eye salves, and they prepared liniments with the plant to help bruises heal
  The cooling properties of the leaves were used in Britain as a treatment for trench foot in World War I, and as compresses for ulcers and breast abscesses.
- Accumulated scientific evidence corroborates that cabbage leaf treatment can reduce the pain and hardness of engorged breasts, and increase the duration of breast feeding.

Culinary use:

- Cabbage is prepared and consumed in many ways.
- The simplest options include eating the vegetable raw or steaming it, though many cuisines pickle, stew, sautée or braise cabbage.
- Pickling is one of the most popular ways of preserving cabbage, creating dishes such as sauerkraut and kimchee, although kimchee is more often made from Chinese cabbage .
- Savoy cabbages are usually used in salads, while smooth-leaf types are utilized for both market sales and processing.
- Bean curd and cabbage is a staple of Chinese cooking, while the British dish bubble and squeak is made primarily with salt beef and boiled cabbage.

Note:
Cabbage has been linked to outbreaks of some food-borne illnesses, including Listeria monocytogenes and Clostridium botulinum. The latter toxin has been traced to pre-made, packaged coleslaw mixes, while the spores were found on whole cabbages that were otherwise acceptable in appearance.
Contaminants from water, humans, animals and soil have the potential to be transferred to cabbage, and from there to the end consumer.

Reference:
http://www.kew.org/science-conservation/plants-fungi/brassica-oleracea-wild-cabbage https://bonnieplants.com/growing/growing-cabbage/