

CABBAGE

Cabbage is a hardy, easy-to-grow vegetable that can be grown in the spring or fall in Kansas. Most varieties are green, but some produce a red head. It can be stored for long periods or made into sauer-kraut. Cabbage is intolerant of our summer heat.



Varieties

Select green-headed varieties for plants that develop quickly--early heading varieties. These include Conquest, Headstart, Tastie, Emerald Cross, Market Prize, Market Topper, Golden Acre, or related varieties, and Stonehead. A modification of green-headed varieties with a crinkled or savoyed leaf include Savoy King and Vanguard. Red-headed varieties include Red Head, Ruby Ball, and Red Acre.

When to plant

Set cabbage plants in late March to early April or in early August for a fall planting. Direct-seeded cabbage can be planted in early July. Cabbage is easily transplanted by choosing stocky, dark green plants with strong root systems.

Spacing

Cabbage plants should be spaced 12-18 inches apart in at least 3- to 4- foot rows. Closer spacing will result in smaller, but more numerous heads.

Care

Fertilize cabbage with a starter fertilizer when setting out plants, and side dress every 2-3 weeks during the growing season. Cultivate carefully to avoid damaging shallow roots. Irrigation is critical when heads are small and enlarging.

Harvest

Cabbage is ready for harvest when the head is fully formed and dense. This can be judged by pressing or squeezing the head to indicate firmness. Waiting too long may result in heads that split, especially after rainfall or irrigation.

Common concerns

Black rot

Blackleg (choose resistant varieties)

Cabbage yellows (choose resistant varieties)

Cabbage worms (Cabbage Looper and Imported Cabbageworm)

Aphids

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