



CABBAGE

WINTER

SPRING

FALL



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GROWN™

GROW

Cabbage is best grown in well-drained, rich soil in a sunny area. Transplant cabbage in the early spring and late summer. Space transplants 15 to 18 inches (in.) apart. Cabbage can also grow from seeds planted 1/4 to 1/2 in. deep. Harvest cabbage any time after the head develops.



PREP

Rinse cabbage with cool water. Remove any damaged leaves and cut cabbage in half. Remove core, place cut side down and thinly slice. You may also leave the core inside to keep leaves together. Trim the stem and cut halves into desired sized wedges.

EAT

Thinly sliced cabbage can be enjoyed in soup, salad, slaw, sauerkraut, and stir-fry. Roast cabbage wedges in the oven for a delicious side dish!



LEARN

Cabbage is a **vegetable** that has been grown as a crop since at least 2500 B.C. It is a member of the mustard family and is closely related to broccoli and cauliflower. To keep cool, famous baseball player Babe Ruth wore chilled cabbage leaves under his hat during games!