

What can a garden grow?



cabbage

Cabbage or headed cabbage is a leafy green or purple biennial plant, grown as an annual vegetable crop for its dense-leaved heads. It is descended from the wild cabbage, and is closely related to broccoli and cauliflower, Brussels sprouts and Savoy cabbage. Cabbage was most likely domesticated somewhere in Europe before 1000 BC, although Savoy's were not developed until the 16th century. By the Middle Ages, cabbage had become a prominent part of European cuisine. For more information go to: <https://en.wikipedia.org/wiki/Cabbage>.

How to grow Cabbage?

Set out new spring plants early enough so that they can mature before the heat of summer, about 4 weeks before the last frost. Plant 2 or 3 varieties with different maturities for a longer harvest. You can also plant through black plastic to help warm the soil in spring. New plants just out of a greenhouse need to be protected from freezing weather. Plant fall cabbage 6 to 8 weeks before the first frost. Growing plants that have been exposed to cool weather become "hardened" and are tolerant of frost. Cabbage that matures in cool weather is deliciously sweet. Like most vegetables, cabbage needs at least 6 hours of full sun each day; more is better. It also needs fertile, well-drained, moist soil with plenty of rich organic matter. For more into about how to plant and care for cabbage go to: <https://bonnieplants.com/growing/growing-cabbage/>.

How to cook Cabbage?

Cabbage is a diverse vegetable and can be used in a myriad of ways. Cabbage can be used in salads, soups, sauerkraut, and in many varieties of cabbage rolls. For more information on how to prepare cabbage for your favorite dish go to:

<http://allrecipes.com/recipes/2437/fruits-and-vegetables/vegetables/cabbage/>.