Cabbage is another cruciferous vegetable, like broccoli, with many layers. There are three types of cabbage: green, red, and savoy. Cabbage grows in all types of soil and can be found throughout South Carolina.

**Growing Cabbage**
- **Sun Exposure:** Full Sun
- **Soil Type:** Loamy or Sandy
- **Soil pH:** Neutral

Plant cabbage 6 – 8 weeks before the last spring frost by planting them inside. After about 4 weeks, transfer the cabbage outside to tilled soil 1 to 2 feet apart. Keep the soil fertilized and moist while the cabbage is growing. Start harvesting when cabbages appear at the size you want them to be, about 2 months after planting. To pick them, cut the base of the cabbage with a sharp knife and bring them inside to a shaded area.

**Preparing**

- Store and refrigerate in the crisper. Cabbage will keep for about 2 weeks this way.
- Always wash the entire cabbage! Cut away the hard-outer leaves and slice the cabbage into pieces.
- Run cool water over the entire cabbage and be sure to get inside the leaves.

**Health Benefits**
Cabbage has a lot a nutrition power. It contains vitamins such as K, C, and B6 along with other nutrients. This helps the brain and nervous system stay healthy. Also, cabbage can be a great source of antioxidants.

**Books**
- *Katie’s Cabbage* by Katie Stagliano
- *The Giant Cabbage* by Cherie Stihler

**Palmetto Pick of the Month Snack**

Try slicing cabbage into wedges and drizzling them in olive oil. Then roast or grill them for a new, healthy idea!