

PALMETTO PICK OF THE MONTH

Cabbage



SOUTH CAROLINA
FARM to SCHOOL



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



For more information about other fruits and vegetables available in South Carolina each month, please visit CERTIFIEDSCGROWN.COM

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!

