



Know What You Grow!



Cabbage

Scientific Name: *Brassica oleracea* var. *capitata*

Recommended Varieties:

The standard green hybrids are Headstart, Pacifica, Discovery, Grenadier, Charmant, Grandslam, and Supreme Vantage. Red hybrids frequently used are Rubyball, Primero, Sombrero, and Red Rookie.

Common Pest(s):

Aphids, cabbage loopers, army worms, snails and slugs, cabbage maggot. For more information on pests and diseases, click on the IPM link.

[IPM](#)

Photo: Creative Commons

Master Gardener Handbook

Growing Information

Cool Season Plant

Cabbage is a cool-season biennial that is grown as an annual vegetable. It has a moderately high frost tolerance. While cabbage will grow at 45°F, it does best from 60° to 65°F. Above 80°F, the plants may bolt, causing the heads to split open.

Ideal Planting Window

Interior Valleys: July; February

Desert: September-November

Growing Guidance

In the interior valleys, cabbage does well when plants mature from late fall to early spring. It is best not to plant brassica crops year after year, because diseases and insect pests will build up. Harvest when the heads are firm.

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[Anrcatalog](#)



Interesting Facts

Did you know that cabbage is one of the many varieties of the Brassica oleracea family (Wild cabbage)? Others include broccoli, cauliflower, kale, brussels sprouts, collard greens, savory cabbage, kohlrabi, and gai lan (Chinese broccoli).

Ancient roots. Cabbage has been cultivated for longer than almost any other vegetable on record. To be precise, more than 6,000 years! It originated in Shensi Province, China, sometime around 4,000 B.C.

Elixir for Baldness. In ancient China (roughly 1000 B.C.) scrolls touted cabbage as a magic cure-all for bald men. It's hard to say if there's any truth in this claim, but no one can deny cabbage is chock full of nutrients that promote good health.

Vitamin C Galore. Cabbage contains a high concentration of Vitamin C. That means it cuts out toxins in your body, preventing skin disease, arthritis, and rheumatism. Go for red cabbage when you have Vitamin C in mind. It contains double the content of regular green cabbage.

Wikipedia.org

CraftyHouse

Contact Information



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Nutritional Information

Nutritional Value

1 Cup of raw green cabbage contains: 17 Calories

Protein: 1 gram, Fiber: 2 grams, Vitamin K: 85%, Vitamin C: 54%, Folate: 10%, Manganese: 7%, Vitamin B6: 6%, Calcium: 4%, Potassium: 4%, Magnesium: 3%. Based on RDI (recommend dietary intake).

[Health Line](#)

Recipe: Parmesan Roasted Cabbage Wedge



Ingredients:

- 1 medium cabbage
- 4 tablespoon oil, avocado
- 2 teaspoon sea salt
- 1 teaspoon ground black pepper
- ½ cup Parmesan cheese, grated

Prepare:

Preheat the oven to 425 degrees

Cut the cabbage in half and then quarters, slice the core to discard (or put into compost), and then cut the cabbage quarters in to 1 to 1 ½ inch wedges.

Place the wedges onto a Silpat or parchment paper lined baking sheet and brush with avocado oil.

Sprinkle sea salt and pepper and put about a tablespoon of freshly grated parmesan cheese on each wedge and then roast in a 425 degree oven for 25 minutes.

[Super Healthy Kids](#)