

Cabbage, Winter and Savoy

Vegetable



Cabbage, Winter and Savoy

Suggested varieties: *January King* (winter); *Vertus* (Savoy)

PLANT



Regularly sow seed 0.5cm deep in pots or seedbed. Transplant to 50cm apart (closer spacing for smaller heads). Plant firmly

GROW



Use a general organic fertiliser at planting. Pull soil around stems ('earth-up') in autumn and firm plants loosened by wintry weather. Remove yellowing leaves

EAT



Cut hardy varieties as needed after the 'heart' of compact leaves is firm. Cut hearted white and red varieties before frost; store on slatted shelves in a dry shed

Growing guide

Give it a go...

Average time to harvest

32-40 weeks

Equipment needed

Feed

Germination time

7-12 days

Average plant size

20-30cm tall and wide

Family group to grow with

Brassica: broccoli, kohl rabi

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C, vitamin A, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 Use cloche

2.5cm = 1 inch 30 cm = 1 foot