

## South Carolina



Farm



to

School



# Palmetto Pick of the Month CABBAGE

## MARCH



### DESCRIPTION

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.

### PREPARING

Preparing Cabbage  
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.

### 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.

### 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!

