

Cabbage

Brassica oleracea · *Brassica* family

DIFFICULTY Moderate
TYPE Annual/biennial, grown as annual from seedlings
MATURITY 70–120 days



SUN
Full sun



WATER
Consistent, deep



SOIL PH
6.0–7.0



SPACING
40–50cm



DEPTH
as per seedling

01 Firm heads need space

Give cabbage full spacing from the start — crowded plants form loose, small heads and are far more prone to pest and disease pressure.



02 Planting

METHOD	Transplant seedlings; firm soil well around the base.
SOIL	Rich, well-drained, high organic matter.
TIMING	Plant in cooler months — spring or autumn depending on zone.

03 Growing care

- Water deeply and consistently — inconsistent watering splits heads.
- Feed with nitrogen-rich compost early, then ease off as heads form.
- Net against cabbage moth from planting.
- Twist heads slightly at maturity to reduce splitting if leaving in place.

04 Problems

- **Cabbage moth/white butterfly** — caterpillars shred leaves; net or hand-pick.
- **Clubroot** — swollen, distorted roots; keep pH up, rotate for years.
- **Aphids** — cluster under leaves; hose off or encourage ladybirds.
- **Head splitting** — irregular watering, especially heavy rain after dry.

05 Harvest & storage

SIGNS	Head feels firm and solid when gently squeezed.
METHOD	Cut at the base with a sharp knife, leaving outer leaves and roots for a smaller second flush.
CURING	None needed.
STORAGE	Fridge crisper 2–4 weeks; whole heads keep longest.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Onion Celery Dill	Tomato Strawberry	Rotate brassicas on a 3–4 year cycle to manage clubroot.
Nasturtium		