



PLANT FACT SHEET

Brassica oleracea var. capitata L. , L.

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Cabbage

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Stems, Vegetable

The leaves can be eaten raw or cooked. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.

Stems can be eaten boiled or pickled.

The seeds can be sprouted and eaten.

DESCRIPTION

A cabbage family herb. It is a short leafy plant with a thick stalk. In cold areas it forms a thick tightly packed ball of leaves called a "head". If the plant is left growing in the ground it will later produce a flower stalk. The flowers are yellow. There are 3 main types - the white cabbage, a purple kind and one with wrinkled leaves.

HABITAT

It is a temperate crop. It does best at higher altitudes in the tropics where there is a greater difference between day and night temperatures. Seed germinate when soil temperature is between 13-16°C. It does not grow properly when temperatures are above 26°C. New varieties grow in warmer places. It is mostly above 1000 m altitude in the tropics. They are frost resistant. It suits hardiness zones 8-11.

PRODUCTION

Cultivation

Plants are normally first grown from seeds. But in most places they are re-grown from cuttings or sprouts that develop on the cut stalk.

Harvesting and Seed Production

Cabbages take 5-7 months to be ready for harvest.

NOTES

There are about 30 Brassica species and many cultivated varieties.

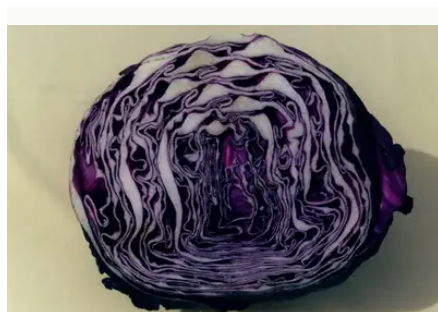
PICTURES



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