

# Cabbage

## Controlling Insects and Diseases

Covering young plants **with floating row cover** will protect cabbage from flea beetles, **cabbage worms and root maggots**. Collars made from paper cups with the bottoms cut out will also help protect young plants from many insect pests. Watch for small white butterflies fluttering around your cole crops. These are the adult stage of the very destructive **cabbageworm**. If found, mix 1 to 1-1/2 Tbsp **Bt kurstaki** (*Bacillus thuringiensis*) per gallon of water and apply when caterpillars are young. Repeat at 5-7-day intervals while they are active.

Cabbage disease problems include damping off, clubroot and Fusarium wilt — also known as yellows. Typically, they require wet leaves to spread, so avoid using overhead sprinklers, if possible.

## Seed Saving Instructions

This biennial vegetable will cross-pollinate with all other *Brassica oleracea*, **so isolate by one mile the second year when going to seed**. In early spring of the second season, cut a shallow “X” in the top of the head. This will allow the emerging seed stalk to push up through the cabbage a bit more easily. The seed stalk actually pushes the head open and uncurls itself as it rises out of the head. It is a vegetable birth in the most graphic sense. The stalk will grow 3-4 inches tall before branching out. Cabbage seeds do not normally require much processing.

Source <https://www.planetnatural.com/growing-cabbage/>



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