

family
**Vegetable
Garden**
series

EXTENSION BULLETIN E-824 (24)

Cabbage-family Vegetables

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LIKE IT COOL

Members of the cabbage family are known as "cole crops" and include cabbage, cauliflower, Brussels sprouts, broccoli, collards, kale and kohlrabi. These vegetables grow best in cool weather. They can withstand frost, and some even taste better afterwards. Grow them as a spring or fall crop.

RECOMMENDED VARIETIES

Days from transplanting to harvest in ()

Broccoli - Green Comet (55)
Spartan Early (55)
Premium Crop (58)
Waltham 29 (74)



Brussels Sprouts - Jade Cross (90)
Long Island
Improved (90)



Cabbage -
early - C-C Cross (50)
* Yellow rest. Golden Acre (63)
* Stonehead (66)

midseason - Ruby Ball (red) (68)
* Badger Market (70)
* Market Topper (73)
* Marion Market (75)
* Market Prize (76)
* Greenback (77)



late - * Badger Ballhead (98)
Chieftain Savoy (85)
Savoy King (heat resistant) (90)

* means disease resistant

Cauliflower - spring - Snow Crown (53)
Snow King (55)
Super Snowball (57)
Snowball A (59)
Snowball M (59)



fall - Snowball Imperial (58)
Self-Blanche (70)
Greenball (green head) (95)
Royal Purple (purple head) (95)

Days from seeding to harvest in ()

Kohlrabi - Early White Vienna (55)
Early Purple Vienna (60)



Collards - Vates (75)

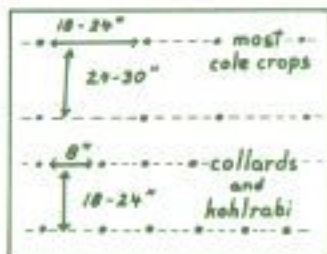


Kale - Dwarf Blue Curled (55)
Dwarf Blue Scotch (55)
Vates (55)



FOR SPRING HARVEST

1. Start cole crops (except kale) from transplants you buy or start yourself (see No. 15 in this series: Starting Plants at Home).
2. Transplant cabbage, cauliflower, broccoli, Brussels sprouts and kohlrabi April 1-20; transplant collards in late May.
3. Place plants $\frac{1}{2}$ inch deeper than they were in containers.
4. Leave 18 to 24 inches between plants in rows 24 to 30 inches apart. Set collards and kohlrabi 8 inches apart with 18 to 24 inches between rows.
5. Water well, preferably with a starter fertilizer solution.
6. Do not buy transplants with stems wider than a pencil. Large transplants go to seed more easily.



FOR FALL HARVEST

Start fall garden plants from seed sown directly in the garden May 20 to June 10.
Plant kale seeds June 20 to July 30.

- Thin cole crops which produce heads to 18 to 24 inches between plants.
- Thin kohlrabi, collards and kale to 8 inches between plants.

Vegetables should be ready to harvest in October.

THE BASICS

soil - Plant in a well-drained soil.

fertilizer - Before planting, work in 2 lbs. (4 cups) of 5-20-20 fertilizer per 100 sq. ft. of soil. Sprinkle a high nitrogen fertilizer around plants 4 to 6 weeks after transplanting (see No. 2 in this series: Start with Soil).

water - Water plants, especially during dry periods.

weeds - Keep plants weeded. Do not hoe or cultivate too deeply, or you'll injure the shallow roots.



THESE COLE CROPS PRODUCE HEADS

BROCCOLI

Cut the center head first so side shoots produce more heads. Pick broccoli when tiny buds in head are dark green and about the size of match heads - before they turn yellow and open. Leave 6 to 8 inches of stem on heads when harvesting.



BRUSSELS SPROUTS

These are best grown as a fall crop and taste better after a few light frosts. For larger sprouts, pinch out the growing point about mid-September. Pick sprouts when firm and large enough.

CABBAGE

Plant early, midseason and late varieties all at the same time for a continuous harvest all spring. Harvest heads when firm. If you wait too long, heads may split.



CAULIFLOWER

This grows best as a fall crop. To produce a white head (blanch it), pull leaves over head when it's the size of a tennis ball and tie with string or a rubber band. Harvest in 1 to 3 weeks (when 6 to 7 inches across). Heads turn yellow without blanching, but are usable. Green and purple varieties don't need blanching.

THIS COLE CROP IS A STEM

KOHLRABI

It has a short growing season and is better grown for a fall crop. Plant seeds every 2 weeks from late June to the end of July for a long harvest period. Harvest swollen stem while young and tender (no larger than a baseball). Large stems are tough and woody.



THESE COLE CROPS ARE GREENS

COLLARDS These are like cabbage, but have larger leaves and don't form a head. Unlike other cole crops, they don't mind the heat and can be planted throughout the summer. (They can also be started from transplants in spring.) Harvest the outer leaves when they are big enough to use.



KALE Grow this as a fall crop only. Harvest outer leaves just like collards. Old kale is tough and stringy.

STORAGE

Keep in refrigerator until ready to use. Cole crops can be frozen. Cabbage and kale should be fully cooked first.



INSECTS AND DISEASE

Grow disease-resistant varieties if available (see page 1). Avoid planting cole crops in the same area of the garden in which they grew last year.

If insects become a problem, see Extension Bulletin E-760 (6) or contact your County Extension Agent.



KEYS
TO
SUCCESS

- Grow in cool weather—spring or fall.
 - Grow collards in cool or warm weather.
 - Plant kale in fall only.
- Start from transplants for a spring garden.
- Start from seed for a fall garden.
- Fertilize and keep watered.

Other bulletins in this series provide additional information on vegetable gardening.

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