

# Cabbage Production Handbook

## 1. Introduction

Cabbage (*Brassica oleracea* var. *capitata*) is a leafy vegetable grown worldwide for its edible dense head. It is essential in many diets due to its affordability and high nutritional value.

## 2. Botanical Description

Family: Brassicaceae

Genus: Brassica

Growth Habit: Biennial (grows as an annual)

Root: Taproot system

Leaf: Large, thick, green to purple forming a head.

## 3. Health and Economic Importance

- Rich in vitamins A, C, and K
- High in antioxidants and fiber
- Boosts immunity
- Generates income for smallholder and commercial farmers.

## 4. Climatic and Soil Requirements

- Altitude: 800-2500m
- Temperature: 15-22°C
- Rainfall: 600-1000 mm/year
- Soil: Well-drained loam with pH 6.0-6.8.

## 5. Cabbage Varieties

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- Early: Golden Acre, Copenhagen Market
- Medium: Gloria F1, Prizehead
- Late: Drumhead, Savannah F1

## **6. Land Preparation**

Clear and till the land thoroughly. Apply decomposed compost or manure. Prepare ridges or flat beds depending on drainage.

## **7. Nursery Management**

Use raised beds, 1m wide. Sow seeds in rows, lightly cover with soil. Water and mulch. Transplant at 4-6 weeks.

## **8. Transplanting**

Do during cool hours. Space plants 45cm x 60cm. Water immediately. Harden seedlings before transplanting.

## **9. Crop Management**

Water regularly, especially during dry periods. Weed to reduce competition. Use DAP/manure at planting and CAN/urea after 3-4 weeks. Control pests (aphids, worms, DBM) and diseases (black rot, mildew) using IPM strategies.

## **10. Harvesting**

Harvest 75-90 days after transplanting when heads are firm. Cut using a sharp knife, leave wrapper leaves.

## **11. Post-Harvest Handling**

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Handle with care to avoid bruising. Sort, grade, store in cool, dry places. Pack in crates for transport.

## **12. Marketing**

Sell in local markets, shops, or to wholesalers. Explore value addition like slicing, fermenting (coleslaw, kimchi).

## **13. Challenges**

Include pest/disease outbreaks, market price changes, poor storage, and water scarcity.

## **14. Best Practices**

Use certified seeds, rotate crops, keep fields clean, scout for pests, apply fertilizer properly.

## **15. Resources and References**

- FAO Horticulture Guides
- National Agriculture Extension
- Local agronomists