



Cabbage

Choose a spot in full sun, with well-drained soil. Prepare with compost and well-aged manure prior to planting. Sow seeds, lightly cover and water in well. Keep the soil moist throughout germination. Protect crops on hot days with shade cloth. Spread mulch over the beds to conserve soil moisture. Feed and water consistently throughout the growing season. Apply fertiliser every 3-4 weeks and supplement with a weekly feed of liquid fertiliser. To harvest, cut the head at the base with a sharp knife.

Cabbage can be eaten raw in coleslaw and other salads, it's great in soups and pairs well with noodles. It can be boiled, steamed, sautéed, grilled or even roasted.

ERINDALE COMMUNITY GARDEN