

# Gourmet Vegetables

## Feed the Family

# Asian Cabbage



### DESCRIPTION

The cabbage should be a staple at every family table! Part of the same family as the cauliflower and the broccoli, varieties now come so mild that the dank flavor everyone associates with the cabbage is a thing of the past. Beautiful when sliced for coleslaw, or slowly sautéed in butter with a roast dinner, it really is lovely and sweet with a mild flavor. The perfect cabbage head, once the outer layers are peeled off, should be about the size of a softball. It's a leafy plant that needs lots of space in the veg patch. The crop can be thinned out as the plants increase in size. These early harvests will never go to waste as a young cabbage is delicious in salads.

**Chinese Blue.** Napa type that produces good yields of blocky barrel shaped fruits. Plant has green leaves with white ribs and is fairly disease resistant. 5 x 12 in/12.7 x 30.4 cm.

**Tender Gold;** is a miniature (baby) type of Chinese cabbage with a very good flavor. Suitable for planting at close spacing, Tender Gold is ideal for small spaces or dense plantings. The elongated, barrel-shaped heads show a bright yellow interior color and a medium dark green exterior.

**Toy Choy;** Belonging to the Mustard genus, Toy Choy is a Chinese cabbage. Toy Choy is a variety of hybrid Chinese cabbage. A miniature pac choi. Dark green leaves, white stems, an Annual and a Vegetable. Normally grows to a mature height of 3.9". Toy Choy Chinese cabbage is great for beginner gardeners and those that like low maintenance gardens.

**Chinese Yukina Savoy;** The thick,

dark green, shiny, spoon-shaped leaves grow upright on pale green petioles. This vigorous and easy to grow plant is heat and cold resistant and can be grown year round. It has a mild flavor when harvested young.



### USES

Grown at all times of the year, all over the world, in more than 3000 different varieties what dish can't you use this versatile vegetable in? As popular in the United Kingdom, as it is in China, India and America, every cuisine has a special dish which showcases the cabbage. The best thing about this food for the modern family is that it's easy to cook and packed with vitamins and nutrients. Can be eaten raw, cooked, or pickled and stores well in the fridge.



### GROWTH

Like the cauliflower, cabbages are best sown in a seedling planter and once big enough, transplanted to a sunny spot in the garden. Of all the seedlings you will be able to choose the strongest plants to grow up, while the rest can be used as 'greens' in the kitchen. You will know they are ready to transplant when they are about 4-6 in/10-15 cm tall. Allow a 12-18 in/ 30.5 - 45.72 cm between each plant in all directions, for their growth to maturity.



### CULTIVATION

Turn the earth months before planting because cabbages like firm soil as they have fragile root systems. Also, you shouldn't fertilize the soil too close to planting, so perhaps months before when you are turning the earth, is also a good time for fertilization. When weeding, keep in mind their preference for firm soil and fragile roots – best keep any plough close to the surface. Harvest the cabbages when they are firm, before they split. There will be about 6 outer leaves to peel off before you get to the deliciously fresh and firm part of the vegetable. When harvesting the cabbages, cut them off with a sharp knife close to ground level. If you are growing during the spring time, after you have removed the cabbage head, cut a 1/2 in /1.27 cm deep cross into the stump and a second crop of smaller cabbages will grow from the stump. You can store cabbages in cool dark places after they have harvested, but are best used immediately.



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