

C A B B A G E

WHEN TO HARVEST

1

Cabbage is ready to harvest when solid "heads" appear (right photo) and they are firm when squeezed.

2

Heads may be large or small when ready; the size to pick cabbage varies depending on the variety and the weather conditions the cabbage grew in.



HOW TO HARVEST

1

The best strategy is to cut the cabbage head from the loose outer leaves.

2

Once cut, move it out of the sun as soon as possible. Cabbage will "sunblister" and lose weight in direct sun.



STORAGE

Cabbage can be stored in the refrigerator for a month or more.