

# Cabbage Cultivation Guide

## Introduction

Cabbage (*Brassica oleracea* var. *capitata*) is a leafy green, red, or white biennial vegetable that belongs to the Brassicaceae family. It is widely cultivated for its dense-leaved heads and is a staple vegetable in many cuisines worldwide. Cabbage is highly nutritious, rich in vitamins C and K, and offers numerous health benefits. It thrives in cool climates and is commonly grown in temperate regions.

## Steps of Cultivation

### 1. Selection of Variety

- Choose a variety based on climate and purpose, such as early-maturing, mid-season, or late-maturing cabbage.
- Popular varieties include Golden Acre, Copenhagen Market, and Red Acre.

### 2. Soil Preparation

- Cabbage grows best in well-drained, loamy soil with a pH of 6.0–6.5.
- Prepare the field by plowing and incorporating well-rotted manure or compost.
- Apply a balanced fertilizer (NPK 10:10:10) before planting.

### 3. Sowing and Transplanting

- Seeds are sown in a nursery bed or seed trays and kept in a shaded area.
- After 4–6 weeks, when seedlings have 4–5 true leaves, they are transplanted to the main field.
- Maintain a spacing of 45–60 cm between plants and rows.

### 4. Irrigation and Water Management

- Cabbage requires regular watering, especially during head formation.
- Overwatering should be avoided to prevent root rot and fungal diseases.

### 5. Weeding and Mulching

- Regular weeding helps in preventing competition for nutrients.
- Mulching retains soil moisture and suppresses weed growth.

### 6. Fertilization and Nutrient Management

- Additional nitrogen fertilizer can be applied during head formation to boost growth.
- Organic fertilizers like compost or vermicompost enhance soil fertility.

### 7. Pest and Disease Management

- Common pests: Cabbage worms, aphids, and flea beetles. Control using neem oil or biological methods.
- Common diseases: Clubroot, black rot, and downy mildew. Use disease-resistant varieties and practice crop rotation.

## **8. Harvesting**

- Cabbage is ready for harvest in 70–120 days, depending on the variety.
- Heads should be firm and compact before cutting.
- Harvest by cutting the head at the base with a sharp knife, leaving a few outer leaves for protection.

## **Conclusion**

Cabbage cultivation is a rewarding agricultural practice that provides high yields with proper care and management. It is an important vegetable crop that contributes to food security and nutritional needs. By following the best practices in soil preparation, irrigation, pest control, and harvesting, farmers can ensure a successful and profitable cabbage production.

