

CABBAGE

Brassica oleracea

Cabbage is a classic staple winter veggie that provides your homestead with a hearty base crop to build many dishes.

Cabbage is a great supporting veggie BUT it can also be the star of the show! Learning to grow, cook and preserve cabbage will go a long way to supporting your ability to become more self-sufficient. Cabbage is low-calorie but packed with vitamins, antioxidants, and nutrients.

Cabbage will bolt and go to seed if the weather is too warm or it is left to grow through to a second season.



SEED PODS

Young green seed pods are edible. Strong Spicy Radish Flavour. Stirfry, raw or pickled.

LEAVES

Outer leaves are tougher but still edible. Good for stocks or used as a cooking wrap to hold in stem and moisture.

BUDS

The vegetative bud or cabbage head is the main part of the plant used. Edible raw, cooked, pickled or fermented.

ROOT

The root system of the cabbage is edible, however, can sometimes harbour diseases and bugs.



SEEDS

Cabbage seeds are edible and are used to make mustard. Sprouted seeds are perfect for salads.

FLOWERS

Cabbages have edible flowers with 4 petals. They have a mild flavour. Great for salads and to garnish meals. Attract pollinators to the garden.

STEM

The stem of the cabbage is edible although tough and bitter (tastes similar to radish). Cut thinly it can be used in salads or stirfries just like a broccoli stem would.