Transplanting:

Transplant the seedlings when they are 25–45 days old with 3–6 well-developed leaves. Water the ground deeply around the young plants a day before transplanting to prevent damage to the roots and also to avoid shock effect. Irrigate the seedlings immediately after transplanting

Spacing

Transplant the seedlings at a spacing of 50 x 40 cm (Row x Plant)

Aftercare:

Keep the cabbage field free of weed. Take care when weeding because the roots are easily damaged.

Remove any yellow leaves or those badly damaged by caterpillar or slug attack. Do not allow the plants to dry out as this will result in plant bolting. Mulch the seedlings to preserve soil moisture and also to suppress weed growth.

Manures & Fertilizers:

- Apply 25 t/ha FYM or compost.
- Fertilizer dose is N:P_2O_5:K_2O 150:100:125 kg/ha.
- Apply full dose of P_2O_5 and K_2O and half dose of N before transplanting.
- Apply the remaining half dose of N one month after transplanting.

Irrigation:

Irrigate the young seedlings immediately after transplanting. Steady and continuous supply of moisture is necessary for good growth and development of heads. Interval between two irrigations depends upon climate, soil and plant growth. In general, irrigate the crop at an interval of 8 – 10 days. At the time of maturity watering should be avoided since this will cause splitting of heads.

Harvesting:

Harvest the crop when the head is fully formed (firm to hand pressure) but before they crack or split. Cut the heads with some wrapper leaves with a sharp knife. In addition to harvesting the mature heads of the cabbage planted in the spring, you can harvest a later crop of small heads (cabbage sprouts). These sprouts develop on the stumps of the cut stems. Cut as close to the lower surface of the head as possible, leaving the loose outer leaves intact. Buds that grow in the axils of these leaves (the angle between the base of the leaf and the stem above it) later form sprouts. The sprouts develop to 2 to 4 inches in diameter and should be picked when firm.

Yield

The yield of cabbage varies between 15 - 25 t/ha.

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Package and Practice of Red Cabbage

Published by:

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Red cabbage (*Brassica oleracea* var. *capitata* f. *rubra*) is a sort of cabbage, also known as purple cabbage, red kraut, or blue kraut after preparation. Its leaves are coloured dark red/purple. However, the plant changes its colour according to the pH value of the soil, due to a pigment belonging to anthocyanins (flavins). In acidic soils, the leaves grow more reddish, in neutral soils they will grow purpler, while an alkaline soil will produce rather greenish-yellow coloured cabbages. This explains the fact that the same plant is known by different colours in various regions. Furthermore, the juice of red cabbage can be used as a home-made pH indicator, turning red in acid and green/yellow in basic solutions. It can be found in Northern Europe, throughout the Americas, and in China.

On cooking, red cabbage will normally turn blue. To retain the red colour it is necessary to add vinegar or acidic fruit to the pot. The leaves of red cabbage are intense red-purple in color. The red cabbage is considerably superior to the white cabbage in carbohydrate, protein and vitamin content. It is used for salads, as well as for making marinades and borsch (soup made of beetroot and cabbage).

Red cabbage looks like green cabbage except, it's red. Red cabbage heads tend to be a bit smaller than green cabbages, but look for similarly tightly packed, moist-looking leaves and heads that feel heavy for their size. Red cabbage is delicious thinly sliced in salads like Red Cabbage Slaw, mixed into slaws with green cabbage, or cooked.

Red cabbage turns an odd blue color when cooked. Mitigate this effect by adding some sort of acid (vinegar or lemon juice are common choices) when cooking it. Always use stainless steel knives and cookware when preparing red cabbage to prevent color changes.

Climate:

Red cabbage can be grown easily under a wide range of environmental conditions. The optimum soil temperature for seed germination is (22-26^{o}C). The optimum temperature for growth is between (25 to 34^{o}C), whereas, temperature above 43^{o}C, growth is arrested.

Soil:

Cabbage prefers fertile soil, well-drained and in a sunny opens position. Avoid soil that becomes waterlogged or conversely dries out rapidly. The optimum pH for cabbage is about 6.0 to 6.5.

Varieties:

Rodynda, Red Jewel, Pabhoi, Huzaro, Kalibos, Langedijker Polana , Rodeo, Roxy, Zelox

Seeds rate

300 – 500g/ha

Bed preparation

- Prepare raised bed to avoid water logging
- Raise the beds (1m x convenient length) 10-15 cm height
- The beds should be smooth and well leveled.
- Mix well-decomposed FYM with the soil at the time of bed preparation.
- If necessary, apply P and K @ 50-75 kg and 150-200 kg/ha respectively.
- Nitrogen should be added judiciously since over-application will induce the seedlings to be lanky.
- Drench the beds with Bavistin (15-20 g/10 lt of water) to avoid mortality of seedlings due to damping off.

Raising seedlings

- Treat the seeds with Trichoderma viride (4 g/ kg of seed) or Thiram (2g/ kg of seed) to avoid damage from damping-off disease.
- Sow the seeds at a depth of 2-3 cm and thinly in lines at 5 - 7 cm apart
- After sowing cover the seeds with a fine layer of soil followed by light watering
- During the last week in nursery, withhold water to hardened the seedlings

Time of sowing:

April – May & Sept

Time of sowing:

May – June & Oct