



Cabbage

Variety: COPENHAGEN MARKET

Did you know?

Fruits and vegetables provide higher yield per unit area compared to staple cereal crops. They can be produced without tractors and ploughing oxen in home-stead simply with hand tools, family labor, and minimum external inputs (without inorganic fertilizer and pesticide). Therefore, fruits and vegetables enable rural households to achieve food and nutrition security from a small plot of land with minimum production inputs. Most vegetables have a shorter growing season compared to major staple cereal crops (sorghum, finger millet, maize, etc.). They can be harvested two to three times per year, which helps mitigate seasonal food shortages.

What about me?

...How do I grow?

...What are my health benefits?

...What is my nutritious value?



How do I grow?

– Facts & Figures



Water requirement:

At least 500 mm (rainfall)



Fertilizer/compost:

7.5–12 ton/ha



Day:

15–20 °C

Night:

10–15 °C



Yield/ha:

25–30 tons on farmer lands



Growth period:

90–110 days after transplanting

Types of sowing:

Transplanting

Time of transplanting:

25–35 days after emerging



Soil type:

Can grow in any soil type but, better well-drained sandy or silty loam soils with high organic matter and pH 6.0 – 6.5

Spacing b/n plants:

60x40 cm

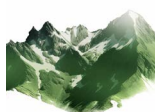
Intercropping:

repellants (e.g. tomato) or trap crops (e.g. mustard)



Fertilizer/vermicompost:

5.5–10 ton/ha



Altitude for growth:

700–2200 masl = most productive



Seed Rate:

0.35 kg/ha

Plant population:

55,333 per ha



Date of germination:

7–10 days



What is my nutritious value?

– General Nutrition Guidelines

Vegetables and fruits are rich sources of vitamins, minerals and fiber. Minerals and vitamins help our body fight diseases and function properly. Fiber absorbs harmful chemicals, slows digestion, and improves the absorption of nutrients from food. Some fruits and vegetables are rich in carbohydrates (potato, sweet potato, banana, mango, etc.) and fat (avocado, etc.), which are essential for energy. To the extent possible, one should eat a variety of fruits and vegetables of different colors such as banana, papaya, kale, carrot and tomato every day.

A boiled cabbage contains per 100g:

- Rich in mineral (calcium) and fiber
- Source of vitamin A and vitamin C
- **Vitamin A:** helps form and maintain healthy teeth, bones, soft tissue, mucous membranes, and skin.
- **Vitamin C:** It helps the body absorb iron and maintain healthy tissue. It is also essential for wound healing.
- **Vitamin E:** helps the body form red blood cells and use vitamin K.
- Carbohydrates: 4.6g
- Energy: 23.7kcal
- Fat: 0.1g
- Iron (Fe): 0.7mg
- Proteins: 1.1g

Recommended serving per day:

Average population:

eat 4 medium-sized scoops of boiled cabbage

Children 2–5 years old:

eat 3½ medium-sized scoops of boiled cabbage

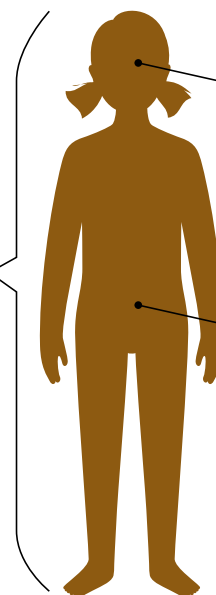
Children 6–18 years old:

eat 4½ medium-sized scoops of boiled cabbage



The high vitamin C content of cabbage can also boost the immune system and help protect against infections

Anti-inflammatory compounds in cabbage have been linked to a lower risk of chronic like cancer



Lowers the risk of heart disease

Cabbage has good effect on stomach and intestinal tract if consumed raw without salt