

Sow & Plant

Cabbage is typically planted in the garden as a transplant, rather than directly sowing cabbage seeds. Timing, so that the heads do not develop in hot weather, is the trick to growing good cabbages, which take anywhere from 65 to 90 days from transplant to harvest-ready. Full sun to partial shade. Recommended transplanting dates for central Missouri range from March 20 to April 20 for a spring harvest and July 20 to August 5 for a fall harvest. Place a collar made of tin foil or a small yogurt container (cut the bottom out) around the transplant to deter cutworms, and keep them well-watered and side-dress with compost three weeks after transplanted in garden for a nutrient boost. Once the heads are near maturity, less watering is necessary to prevent the head from splitting.



Spacing

Depending on the size of the cultivar, cabbages can be spaced 10-15 inches apart in the garden. Companions for cabbage: scallions, lettuces, radishes, and other quickly-maturing vegetables and herbs, that are ready for harvest before the cabbage.

Troubleshooting

Cabbages have shallow root systems, so be careful when weeding around plants, especially if using a hoe. If leaf edges develop a bronze tinge, this may signal a potassium deficiency, which can be remedied by side-dressing the plant with wood ashes, kelp meal, or granite meal. Plants will not form a head if they are planted too late (and exposed to high temperatures), under fertilized, or drought-stressed. Cabbages (like all plants in the brassica family: Collards, Kale, Broccoli, Brussels Sprouts, Cauliflower) can be particularly susceptible to insect damage. Use a lightweight row cover to keep moths away from plants and prevent them from laying eggs (that hatch into cabbage-eating caterpillars) on the leaves. If you see the holes appear, find the small green worms and get them off the plant by hand. Splitting (when the head cracks or splits open before it is harvested) is caused by pressure of excessive water taken up after the heads are solid. Cutting into the roots (on two sides of the plant) or breaking the roots (lifting and twisting the head to one side) can reduce splitting, but it also damages the plant and requires that the head be harvested relatively soon.

Harvesting & Storage

Harvest when heads are solid and firm, even if they seem small. Use a knife to cut heads, leaving as much stem and lower leaves on the plant as possible to encourage a second crop of small cabbage heads or sprouts. Peel outer leaves and store cabbage in a refrigerator, cold cellar or outdoor pit in plastic bags for up to 2 months.

CABBAGE, POTATO AND LEEK SOUP

Time: 1 hour 20 minutes
4 servings

- 6 tablespoons unsalted butter
- 3 medium leeks, white and light green parts, thinly sliced
- 8 cups shredded cabbage
- 2 garlic cloves, finely chopped
- 2 medium russet potatoes, peeled and diced
- 2 cups chicken or vegetable stock
- 2 1/2 teaspoons kosher salt
- 2 thyme branches
- 1/2 teaspoon black pepper
- (opt.) grated Parmigiano-Reggiano, to serve.



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1. Melt the butter in a large pot over medium heat, add the leeks and cook until soft and golden around the edges, 5 to 7 minutes. Add the cabbage and garlic and cook, stirring occasionally, until cabbage begins to caramelize, about 10 minutes.
2. Stir in potatoes, stock, 4 cups water, salt and thyme. Bring soup to a simmer and cook, partly covered, until potatoes begin to fall apart, 45 to 50 minutes. Add more water, as needed, to reach the desired consistency. Season with black pepper and serve, topped with (opt.) cheese.



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Food Is Good!



Family-friendly pest management

At CCUA we are often asked what to do about bugs in the garden. Our biggest recommendation is to avoid using chemicals, because they are harmful not only to you, but to your pets and the environment too!

The Missouri Botanical Garden website has a wealth of information about garden pests. Go to the "pests and problems by plant" section to find Missouri's most common outdoor vegetable garden pests, along with their pictures and suggestions for dealing with them.

Many of these pests can be managed using *insecticidal soap*. You can make this yourself by mixing 1 quart of filtered water with 1-2 table-spoons of true soap (not detergent). The most highly recommended soaps are either Dr. Bronners Peppermint Castile Soap (liquid) or Fels Naptha (bar soap, which can be dissolved into the water). You can also purchase commercially-made insecticidal soaps. Look for those products that contain "potassium salts of fatty acids" or "potassium hydroxide".



Insecticidal soaps come into direct contact with the insect to be effective. It is not a deterrent for future pest invasions, but deals with pests currently on plants. Apply the insecticidal soap in the early morning or late afternoon, and only spray on the particular plant that you find the insects on (usually the underside of leaves).

Our second suggestion is using *Diatomaceous Earth* (DE), a fine white powder that is the fossilized remains of marine phytoplankton. Under a microscope, DE looks like shards of glass, and when it is sprinkled on any insect that has an exoskeleton, it works under the insect's shell and punctures their body, dehydrating and killing the insect. DE is nontoxic, and there is no buildup of tolerance like there is to poisons because this method of killing is physical, not chemical.

Castile soaps can be purchased at Clover's, Peace Nook, Hy-Vee, and Wal-Mart, and insecticidal soap and diatomaceous earth can both be found at Ace Hardware.

For more about CCUA, visit our website at ColumbiaUrbanAg.org, or call us at (573) 514-4174.

Special points of interest:

- Hootenanny!
- Planting & Events Calendar
- Beneficials vs. Pests

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Hootenanny Menu:

- Locally raised meats
- Locally sourced veggies
- Desserts
- Locally brewed beer
- Missouri-made wine
- Mint Tea



Check out our website for more information about the Harvest Hootenanny! ColumbiaUrbanAg.org, or call us at (573) 514-4174.

The Dirt



CCUA's seasonal growing guide and news

We're Having a Hootenanny!

People enjoying local food and music. Photo by Bill McKelvey



Mark your calendars now! The 4th annual Harvest Hootenanny is OCTOBER 5th from 3 to 8 p.m. We are excited to invite you to our biggest event of the year! This fundraising event celebrates local food, urban growing, and hands-on education here in Columbia, MO. We hope you can make it out! Please tell your friends and family about what we have in store.

We will serve a large Missouri raised meal, with tea, coffee, beer and wine. We'll have live music, games, and a square dance. A live and silent auction will give you a chance to raise funds for CCUA and pick up great items donated from local businesses and individuals.

Please join us this fall to celebrate good food, local agriculture, and the completion of a great growing season at the Urban Farm! Follow the event on Facebook and our webpage for updates as they are finalized.



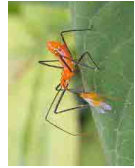
Convergent Lady Beetle



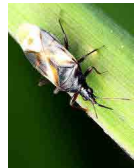
Green Lacewing



Predaceous Ground Beetle



Assassin Bug



Pirate Bug



Soldier Beetle



Spider



Syrphid Fly



Sixspotted Thrip



Western Predatory Mite



Predatory Wasp



Praying Mantis

Planting Calendar for Autumn

~ August 2013 ~

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Plant during week of:				Kilgore's Work Day	1 Keep crops well-mulched to conserve moisture	2 CCUA Educate and Innovate Potluck @ the Urban Farm, 6-8p	3 Urban Farm Volunteer Work Day, Training @ 9:30a, Work 10a-2p
Broccoli, Beets, Lettuce, & Bunch Onions	4 Make onion jam	5	6	7 Kilgore's Community Garden Work Day, Training @ 4:30p, Work 5-8p	8	9	10
Field Peas/Oats, Dill, Swiss Chard, Parsley, & Carrots	11 Freeze peppers	12	13	14 Pick beans	15	16 CCUA Educate and Innovate Potluck @ the Urban Farm, 6-8p	17 Urban Farm Visit Day, 10a-12p
Radishes, Beets, & Oats/Cover crop	18 Freeze beans	19	20 Composting Workshop by the City of Columbia @ Capen Park, 6-8p	21	22	23	24
Lettuce & Radishes	25 Make chili sauce and ketchup	26	27	28	29	30	31

~ September 2013 ~

Cilantro, Radish, Dill, Parsley, Beets, & Lettuce	1 Make tomato sauce and pizza sauce	2 See pest control article on how to control cabbage moth larvae on brassicas	3	4 Kilgore's Community Garden Work Day, Training @ 4:30p, Work 5-8p	5 Sow rye and vetch for winter cover crop	6 CCUA Educate and Innovate Potluck @ the Urban Farm, 6-8p	7 Urban Farm Volunteer Work Day, Training @ 9:30a, Work 10a-2p
Lettuce, Radish & Brassicas	8 Roast and freeze peppers and eggplant	9 Thin Fall seeded crops	10	11 Begin sweet potato harvest	12	13	14 Composting Workshop by the City of Columbia @ Capen Park, 10a-12p
Spinach	15	16	17	18	19	20 CCUA Educate and Innovate Potluck @ the Urban Farm, 6-8p	21 Urban Farm Visit Day, 10a-12p
	22 Autumnal Equinox	23	24	25	26	27	28
	29	30 Cover tender plants in advance of frosts					

~ October 2013 ~

Garlic, cover crop mixture, winter wheat, rye	1 Harvest eggplant, green tomatoes and peppers ahead of frost	2 Finish sweet potato harvest before first frost	3 Average date of first frost	4	5 4th Annual HARVEST HOOTENANNY 3-8p		
Garlic, cover crop mixture, winter wheat, rye	6 Accumulate Winter stores of onions, garlic, sweet potatoes, etc.	7	8	9 Dismantle pole bean fence	10	11	12 Composting Workshop by the City of Columbia @ Capen Park, 10a-12p
Garlic, cover crop mixture, winter wheat, rye	13 Make pepper and green tomato relish	14	15	16	17	18 Dismantle tomato trellises and cages	19
Garlic, cover crop mixture, winter wheat, rye	20	21	22	23 Spread Mulch	24	25	26
Garlic, cover crop mixture, winter wheat, rye	27	28	29	30	31		



Aphid



Tomato Hornworm



Cabbage Worm



Spotted Cucumber Beetle



Striped Cucumber Beetle



Cutworm



Flea Beetle



Japanese Beetle



Grasshopper



Potato Beetle



Stinkbug



Squash Bug