Big Flat Head Cabbage

Brassica oleracea var. capitata 'Big Flat Head'



Big Flat Head Cabbage fruit
Photo courtesy of NetPS Plant Finder

Height: 18 inches

Spread: 24 inches

Spacing: 12 inches

Sunlight:

Hardiness Zone: (annual)

Description:

A beautiful variety with large flat heads; cabbages grow up to 7lbs each; sweet and tender, these large mild tasting leaves are perfect for wraps, coleslaw and cooking; short core with less dense interior, making it easy to hand and slice

Edible Qualities

Big Flat Head Cabbage is an annual vegetable plant that is typically grown for its edible qualities. The large round green tightly-wrapped heads of foliage are typically harvested when mature. The heads have a sweet taste and a crisp texture.

The heads are most often used in the following ways:

- Fresh Eating
- Eating When Cooked/Prepared
- Cooking
- Baking
- Pickling

Planting & Growing

Big Flat Head Cabbage will grow to be about 18 inches tall at maturity, with a spread of 24 inches. When planted in rows, individual plants should be spaced approximately 12 inches apart. This vegetable plant is an annual, which means that it will grow for one season in your garden and then die after producing a crop.

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This plant is typically grown in a designated vegetable garden. It should only be grown in full sunlight. It does best in average to evenly moist conditions, but will not tolerate standing water. It is not particular as to soil pH, but grows best in rich soils. It is somewhat tolerant of urban pollution. Consider applying a thick mulch around the root zone over the growing season to conserve soil moisture. This is a selected variety of a species not originally from North America.

170 S River Rd (US 45)
Des Plaines IL 60016

phone: 847-299-1300
web: www.pesches.com