



Into the Cabbage Patch

Varieties & Culinary Uses





WELCOME

Chat questions will be collected for Q&A throughout the presentation.

Please submit questions before we begin the Q&A. Once Q&A begins, we may not see new questions.

All audience chat messages are private.

Johnny's Research Farm

Located in Albion, Maine (zone 5b)

- **200+ Acres Managed**
- **11 Farm Sites**
- **80+ Acres Consisting of:**
 - **Trial Crops**
 - **Breeding & Seed Production**
 - **Cover Crops**



Johnny's Research Farm

2,298

Varieties planted and
evaluated at our farm

32 miles

Bed feet sown
for our trials

150+

New varieties selected
for the 2025 season

Note: Additional trialing occurs on partner farms across the country. The varieties planted and miles of bed feet listed above only represent the portion of trialing conducted on our home farm.



OUR PRESENTER



Steve Bellavia
Product Manager

Overview

- **Basic growing information**
- **Cabbage types**
- **Culinary uses**
- **A discussion of the Johnny's assortment**



Basic Growing Information

- **Cabbage is a heavy feeder.** Choose soil with high organic matter and adequate fertility.
- **Irrigation is important.** Cabbage likes an inch or so of rain or irrigation per week.
- **Start seedlings** at least 4 weeks prior to transplanting.
- **Transplant 12-18"** apart in the row for full size heads or 8-12" for mini heads.

Free Standard Shipping for Orders Over \$200*

Sign In / Create Account

Search Johnny's

VEGETABLES FRUITS FLOWERS HERBS FARM SEED TOOLS & SUPPLIES ORGANIC FEATURED SALE GROWER'S LIBRARY

Grower's Library / Vegetable Library / Cabbage

CABBAGE

SUCCESS WITH BRASSICAS | ADVICE ON TIMING, TEMPERATURE, FERTILITY & WATERING

INTO THE CABBAGE PATCH: VARIETIES & CULINARY USES | JOHNNY'S WEBINAR SERIES

VIDEO: WHAT TO LOOK FOR IN CHOOSING STORAGE CABBAGE VARIETIES

VIDEO: 'KAITLIN' - A LARGE, LATE-SEASON MID-TERM STORAGE CABBAGE FOR SAUERKRAUT

CLASSIC STORAGE CROPS | POST-HARVEST HANDLING & STORAGE GUIDELINES

STANDARD CABBAGE TYPES & VARIETIES | COMPARISON CHART (PDF)

COMMON BRASSICA PESTS & DISEASES | JOHNNY'S SELECTED SEEDS

CABBAGE | KEY GROWING INFORMATION

Cabbage - Key Growing Information


SCIENTIFIC NAME:
Brassica oleracea

CULTURE:
Cabbage, as well as cauliflower, Brussels sprouts, broccoli, and related brassicas, are heavy feeders. They require fertile soils in a pH range of 6.5-7.5, supplied with consistent irrigation throughout the growing period.

DAYS TO MATURITY:
From date of cool weather/spring transplanting. Subtract 10-14 days for late spring or early summer/warm weather transplanting. Add about 14 days for direct seeding.

TRANSPLANTING:
Early spring crop:
Use early and midseason varieties. Sow 2 seeds per cell in 50- or 72-cell plug flats, 3-4 seeds/in. in 20-row flats, or in outdoor beds 1/4" deep. Seedlings should be ready to transplant in 4-6 weeks. If possible, keep soil temperature over 75°F (24°C) until germination, then reduce air temperature to about 60°F (16°C). Transplant outdoors 4-6 weeks after sowing 12-18" apart in rows 18-36" apart. Cabbage prefers cooler growing temperatures, between 55-75°F (13-24°C), optimum being 60-70°F (16-21°C) but will produce good crops under warmer summer conditions. Fall crop: Use midseason and storage varieties. Start seedlings as above in May and transplant to the garden in June/July. To ensure mature heads, seed the crop early in areas where heavy freezes occur early in fall. Winter crop: Successful cabbage crops can be grown where winters are mild (temperatures rarely below 32°F/0°C). Transplants can be set out from September to February in these regions.

DIRECT SEEDING:
Sow 3-4 seeds 12" apart, 1/2" deep, rows 24-36" apart, thinning to one plant in each group.



Johnnyseeds.com/growers-library/vegetables/cabbage/cabbage-key-growing-information.html

Basic Growing Information

- **To reduce weed pressure**, transplant into beds with white plastic, but bare ground is also fine.
- **To exclude pests** like flea beetles and cabbage butterflies, cover with lightweight floating row cover.
 - We use Agribon+ AG-15. It is lightweight and will exclude insect pests but will not cause the crop to overheat.
- **Remove row cover** 2-3 weeks later, when plants start to grow and push against the row cover.

Please reference our catalog or Johnnyseeds.com for more detailed growing information.

Free Standard Shipping for Orders Over \$200*

Sign In / Create Account

Search Johnny's

VEGETABLES FRUITS FLOWERS HERBS FARM SEED TOOLS & SUPPLIES ORGANIC FEATURED SALE GROWER'S LIBRARY

Grower's Library / Vegetable Library / Cabbage

CABBAGE

SUCCESS WITH BRASSICAS | ADVICE ON TIMING, TEMPERATURE, FERTILITY & WATERING

INTO THE CABBAGE PATCH: VARIETIES & CULINARY USES | JOHNNY'S WEBINAR SERIES

VIDEO: WHAT TO LOOK FOR IN CHOOSING STORAGE CABBAGE VARIETIES

VIDEO: 'KAITLIN' - A LARGE, LATE-SEASON MID-TERM STORAGE CABBAGE FOR SAUERKRAUT

CLASSIC STORAGE CROPS | POST-HARVEST HANDLING & STORAGE GUIDELINES

STANDARD CABBAGE TYPES & VARIETIES | COMPARISON CHART (PDF)

COMMON BRASSICA PESTS & DISEASES | JOHNNY'S SELECTED SEEDS

CABBAGE | KEY GROWING INFORMATION

Cabbage - Key Growing Information

SCIENTIFIC NAME:
Brassica oleracea


CULTURE:
Cabbage, as well as cauliflower, Brussels sprouts, broccoli, and related brassicas, are heavy feeders. They require fertile soils in a pH range of 6.5-7.5, supplied with consistent irrigation throughout the growing period.

DAYS TO MATURITY:
From date of cool weather/spring transplanting. Subtract 10-14 days for late spring or early summer/warm weather transplanting. Add about 14 days for direct seeding.

TRANSPLANTING:
Early spring crop:

Use early and midseason varieties. Sow 2 seeds per cell in 50- or 72-cell plug flats, 3-4 seeds/in. in 20-row flats, or in outdoor beds 1/4" deep. Seedlings should be ready to transplant in 4-6 weeks. If possible, keep soil temperature over 75°F (24°C) until germination, then reduce air temperature to about 60°F (16°C). Transplant outdoors 4-6 weeks after sowing 12-18" apart in rows 18-36" apart. Cabbage prefers cooler growing temperatures, between 55-75°F (13-24°C), optimum being 60-70°F (16-21°C) but will produce good crops under warmer summer conditions. Fall crop: Use midseason and storage varieties. Start seedlings as above in May and transplant to the garden in June/July. To ensure mature heads, seed the crop early in areas where heavy freezes occur early in fall. Winter crop: Successful cabbage crops can be grown where winters are mild (temperatures rarely below 32°F/0°C). Transplants can be set out from September to February in these regions.

DIRECT SEEDING:
Sow 3-4 seeds 12" apart, 1/2" deep, rows 24-36" apart, thinning to one plant in each group.



Johnnyseeds.com/growers-library/vegetables/cabbage/cabbage-key-growing-information.html

Cabbage Bed

Standard Spacing

Cabbage head size can generally be controlled by spacing.



Cabbage Bed

Spacing for Minis

Best Varieties for Short Spacing:

Tiara, Caraflex, Omero, Primero, Alcosa, and Tendersweet

Short spacing between rows and/or plants results in smaller heads.





Caraflex

Alcosa

Omera

Tiara

Tendersweet

Mini Cabbages



Cabbage Types

- **Green**
- **Savoy**
- **Red**
- **Pointed**
- **Flat**
- **Storage**



Early Fresh Market

Tiara & Farao

- 1-3 lbs, depending on spacing
 - Very early: 63-65 days
 - Organic and conventional seeds
 - Excellent for mini heads, esp. Tiara
- Excellent flavor: Crunchy, juicy, and sweet, particularly Tiara
 - Best for slaws, salads and light cooking such as stir fries and sautéing
 - Excellent for salads in lieu of lettuce during hot weather (also higher nutritional value)



2nd Early Fresh Market

Conqueror

- 69 days
- 4-8 lbs.
- Excellent eating quality
- Does well in East, Southeast, and as overwintering crops in California



Conqueror 69 days

Primo Vantage

- 73 days
- 4-4 ½ lbs .
- Excellent eating quality-very tender, sweet and crunchy



Primo Vantage 73 days

Main Season Fresh Market

Bronco

- 80 days
- 3-5 lbs.
- Widely adapted standard
- Organic and conventional seeds
- Good flavor but not quite as good as Conqueror or Primo Vantage



Bronco 80 days

Main Season Fresh Market

Botran

- Black rot resistance (BR)
- 90 days
- 3-8 lbs., depending on spacing
- Widely adapted and does well in regions with black rot pressure
- Only average flavor but worth the tradeoff if black rot is an issue



Botran 90 days

Black Rot Disease

Black rot (BR) is a bacterial disease that can devastate brassica crops and persist in the soil for many years.

To avoid black rot:

- Only use cabbage and other brassica seeds that have tested free of black rot. At Johnny's we only offer seed lots that have tested free of black rot.
- Rotate crops and only plant brassicas in a particular location every 4 years.
- Several university extension websites, including the University of Massachusetts, have excellent data on black rot.



Black Rot

Image courtesy of S.B. Scheufele at UMass

Savoys

All Varieties Shown

- Best when grown in cool weather for fall crops
- They can be quite bitter when grown in hot weather.
- Best cooked as the flavor is quite strong.



Alcosa 72 days



Famosa 81 days



Clarissa 89 days



Deadon 105 days

Early Reds

Primero & Omero

- 72-73 days
- Very similar except Primero is organic and Omero is conventional



Primero 72 days



Omero 73 days

Mid-to-Late Red

Integro

- 85 days
- 12 days after Omero and Primero
- 3-4 lbs.
- Organic seeds
- Holds well



Integro 85 days

Pointed

Tinty, Caraflex, & Picadilly

- Tinty is a bit less pointed than the others and should be planted 8-10" apart, otherwise the heads will be oval.
- Caraflex and Pciadilly will have pointed heads regardless of spacing

- Caraflex and Piccadilly are particularly nice as slaws. They have tender, crunchy and very sweet leaves. My favorites for fresh eating.
- A slaw of 1/4 Tinty and 3/4 Caraflex or Piccadilly is a nice treat!



Tinty 75 days



Caraflex 68 days



Picadilly 63 days

Flat

Tendersweet

- 71 days
- Thin, sweet, crisp leaves are especially suitable for slaws and stir frying/light cooking
- Cooks faster than typical cabbages when stir fried due to its think leaves
- Exceptionally good flavor



Tendersweet 71 days

Green Storage

Promise, Storage # 4, & Typhoon *(next slide)*

- Promise is my favorite as it has slightly better eating quality in our trials.
- I suggest Storage #4 growers trial Promise this year.
- All three varieties are good for kraut.





Green Storage/Kraut

- 98 days
- Typhoon was bred for kraut (high dry matter) so it might yield a little more as compared to Promise or Storage #4 when made into kraut.



Typhoon 98 days

Main Season/Storage Reds

Ruby Perfection & Buscaro

- 85 & 98 days, respectively
- Ruby Perfection is good for short-term storage



Ruby Perfection 85 days



Buscaro 98 days

Making Sauerkraut

Sauerkraut is very easy to make!

Basic Kraut Ingredients

- 3 tbs. salt
- 5 lbs. cabbage sliced thin, about the thickness of a quarter
- Water as needed
- Flavorings (optional): Juniper berries, caraway seeds, etc.

Here is a full basic recipe from the National Center for Home Food Preservation at the Univ. of Georgia:

<https://nchfp.uga.edu/how/ferment/recipes/sauerkraut/>



Stir Fried Cabbage

Tendersweet and Caraflex work well for this dish!

Cabbage Stir Fry

- 1 lb. Cabbage/Chinese Cabbage
- 1 tbs. Olive Oil
- Salt, to taste
- Black pepper (or Hot Pepper Flakes)
- Sliced Hot Peppers
- Sliced Garlic Cloves or Scapes

Quarter cabbage, cut into strips/pieces.

Heat oil in a wok or skillet

Add garlic and sliced hot peppers, cook until soft.

Add cabbage, salt and pepper/hot pepper flakes.

Sautee for a few minutes until it is cooked to your taste.

Add other spices such as cumin, fenugreek, coriander and turmeric for an Indian version of this recipe.



RESOURCES

- [Our Cabbage varieties](#)
- [Cabbage | Key Growing Information](#)
- [Cabbage Comparison Chart](#)
- [Classic Storage Crops | Post-Harvest Handling & Storage](#)
- [Brassica Pests & Diseases](#)
- [UMass Ext. | Brassicas, Black Rot](#)
- [Why Johnny's](#)
- [About Our Seeds](#)
- [Johnny's Seed Variety Trials Infographic](#)
- [Agribon+ AG-15](#)
- [ProtekNet Insect Barriers](#)
- [UGA Sauerkraut Recipe](#)

Thank You

We hope you enjoyed our presentation

