

Farm to School

PURPLE CABBAGE

History

This cabbage hails from Europe and is said to have been cultivated by Celtic and Nordic peoples.

Nutrition

Purple cabbage (and all cabbages for that matter!) is high in Vitamin C – about 45% of the recommended daily value.

Fun Fact

It's also known as "Red Cabbage" and is very similar to green cabbage.



Growing and Harvest



- Cabbages grow best in cooler temperatures. If planted too early, it might not grow the “head” of cabbage at all due to the summer heat
- Because of that, cabbages are usually planted early in the spring and harvested by summer OR planted in late summer and harvested by winter
- One plant could grow 1-3 heads of cabbage if planted at the right time and harvested properly

Your Purple Cabbage today were grown *organically* by:

**Franklin Sustainable Farms
in Franklin County, PA**

Activities!

Planning your cabbage planting:

- Purple cabbage *seeds* should be planted indoors and allowed to grow into *seedlings* for 14 days.
- For a winter *harvest*, you plant your cabbage *seedling* outdoors on September 1st
- If it takes 85 days to grow from a *seed* to a *full head* of cabbage, **what day will you be able to harvest and eat your purple cabbage?**



It takes 85 days to grow from a seed to a full head of cabbage in Northern Virginia

Purple Cabbage Maze

