

GARDEN FRESH NEWS

FEBRUARY CABBAGE

GROW

During the cool days of February students will enjoy harvesting two types of cabbage from the school garden - Napa cabbage and OS Cross.

These two distinct varieties of cabbage will need similar growing conditions and grow best during Houston's cool winter months.

To successfully grow a large head of cabbage the young seedling should be planted in a raised bed located in the full sun and the soil should be rich in nutrients from humus or compost added just prior to planting day.

Cabbage requires little care during its two-month growing season other than needing regular watering to maintain even moisture, and fertilization every two weeks. Our school gardens use only organic fertilizer made from all-natural ingredients such as cotton seed, fish meal, molasses, and alfalfa.

When organic gardening, remember to keep an eye on your cabbage plant and promptly remove any slugs, snails, or green cabbage loopers that you find enjoying the tender leaves! Happy Gardening!

Stephanie Baker /Garden Lady
www.readytogrowgardens.com

COOK

Roasted Cabbage Wedges

1 head green cabbage,
cut into 1 inch thick rounds
1 ½ tbsp Olive Oil
Salt & Pepper

Preheat oven to 400 degrees. Brush a rimmed baking sheet with oil. Place 1 cut-round of cabbage on a sheet pan and brush with oil. Season with salt & pepper. Roast until cabbage is tender and edges are golden.

Adapted from: [Martha Stewart](#)

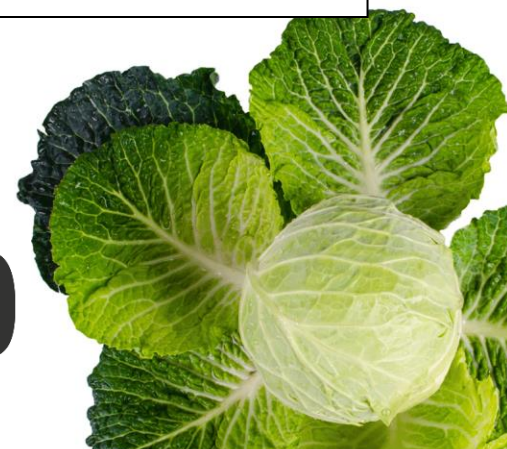
POWER UP

Cabbage is a cruciferous vegetable and related to kale, broccoli, and brussels sprouts.

Cabbage is a good source of fiber which helps keep you full longer.

Also, cabbage is an excellent source of vitamin K which helps blood clot when you get a wound.

During this flu season, it is important to strengthen your immune system. Cabbage is high in vitamin C to keep you from getting sick.



CFISD