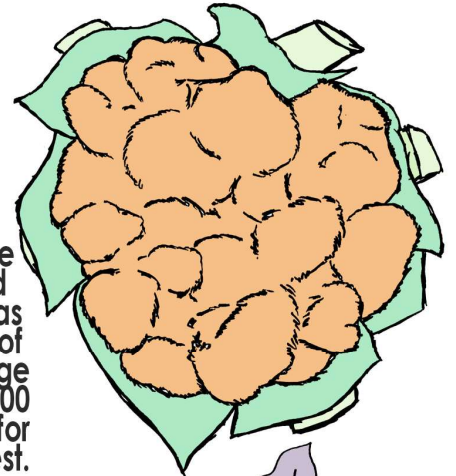
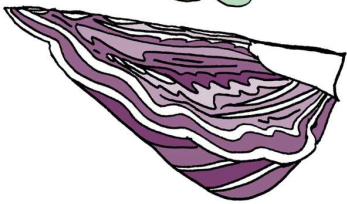


The Cabbage Family, also known as brassicas, can be easily grown in your fall/winter garden in South Texas. Brassicas often take a long time to grow, but most common garden varieties produce a large crop of nutritious foods. Depending on the type of plant, you may be eating the leaves, stems or even flowers. Check out a few of the different members of the cabbage family here:

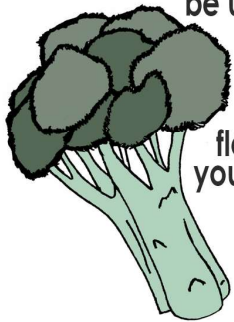
CABBAGE: The most common varieties of cabbage to grow are round "heading cabbages" in green or purple colors. There are also unique varieties like Savoy (with crinkled leaves), Sweetheart (that is shaped like a cone) and giant varieties that can produce cabbage heads over 1ft across!



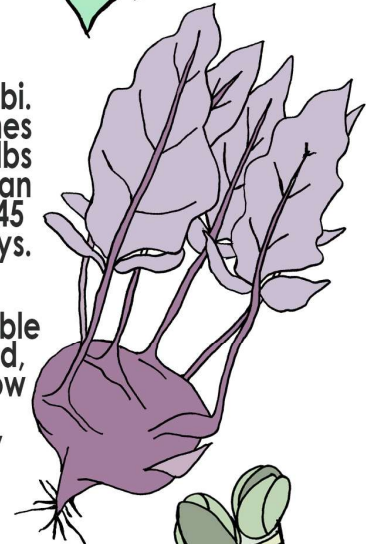
CAULIFLOWER: White-headed cauliflower is the most common variety, but you can also find cheddar (orange), purple, and green types as well as Romanesco (a light green head made of pointed spirals). Cauliflower plants get quite large and take a long time to produce heads (50-100 days), so it is important to plan accordingly for garden space and time until harvest.



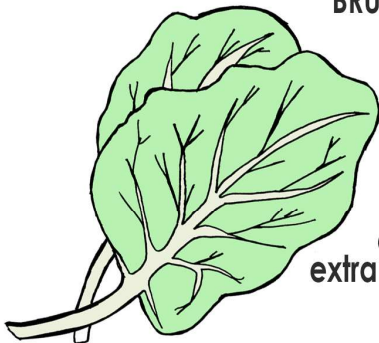
KOHLRABI: A great compact brassica to grow is kohlrabi. Known for the large bulbous bottom stem, kohlrabi comes in green, purple and white-stemmed varieties. The stem bulbs can be peeled and eaten raw or cooked, and the leaves can be used like kale or collard greens. Kohlrabi will mature between 45 and 60 days.



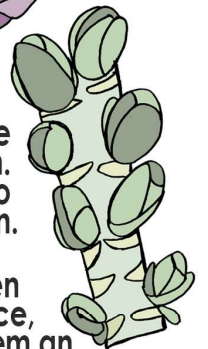
BROCCOLI: Most broccoli varieties create a large head of edible florets in the center stalk of the plant. After cutting this large head, you can continue to harvest broccoli from side shoots that will grow smaller florets throughout the season. Broccoli leaves are also edible and easy to harvest, making these large plants a very productive choice for your garden.



BRUSSELS SPROUT: The commonly eaten buds of the Brussels sprout grow along the long stem of the plant. Trim lower leaves as the plant grows in order to encourage the sprout production. Heavy heat or lack of a frost in winter may cause the buds to be smaller. Both green and purple varieties are common.



COLLARD: Collard greens are known for their very broad, green leaves. Although all brassicas have pretty good cold resistance, collards are the most cold tolerant plant in this family giving them an extra long growing season, even in winters that experience a hard freeze.





VEGGIE PAGES

CABBAGE FAMILY

USING THE CABBAGE FAMILY AT HOME

QUICK KITCHEN TIPS

1. Roasting cabbage will bring out the sweetness of the greens. Cut a cabbage head into 8 wedges. Brush each wedges with olive oil and sprinkle lightly with salt, pepper and garlic powder. Roast in the oven at 450 for 20-35 minutes, turning once. Serve as a side dish.

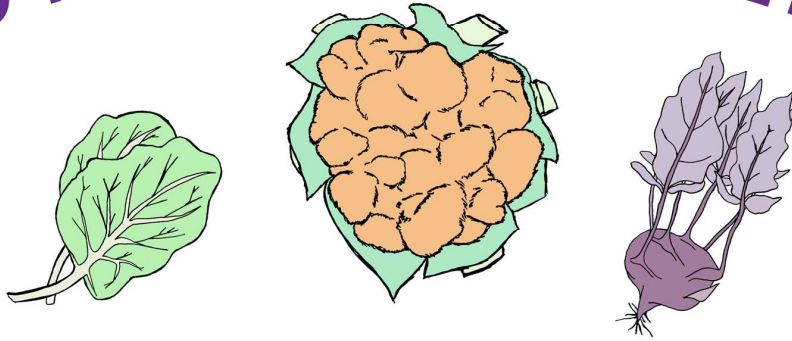
2. Cauliflower has gained popularity over the past few years as a substitute for higher calorie ingredients. You can make riced cauliflower (to replace white rice), mashed cauliflower (to replace mashed potatoes) and even cauliflower pizza crust!

3. Kohlrabi is often roasted or sauteed, but it can be eaten raw. You can shave kohlrabi or cut it into "match sticks" to use in salads or slaws. It pairs well with carrots or a cider vinegar sauce. Try pairing kohlrabi with apples for a sweeter slaw.

4. Broccoli florets make a great raw snack. Cut them into manageable pieces and serve with some salad dressing or hummus as a dip.

5. Collard greens are commonly simmered for a long time in broth often with onions, garlic pepper flakes and a meat product such as bacon or ham. Remove the ribs or thick stems of the collards before cooking.

GROWING THE CABBAGE FAMILY AT HOME



Start seeds for this family indoors in August. Transplant this family out to the garden starting mid-September. You can also directly sow these seeds in September.

Dill is a great companion for most brassicas. Growing dill next to plants in this family can repel cabbage worms and many other pests which feed on these plants.

Onions and Garlic are also great companion plants for most members of this family. Not all plants get along well with onions and garlic, but cabbage, broccoli, collards, kohlrabi and Brussels sprouts do. Onions and Garlic will repel cabbage worms, cabbage loopers and aphids.

Harlequin bugs are a common pest in South Texas that are attracted to brassicas. Harlequin bugs will suck the sap out of the leaves of these plants and cause them to yellow and wilt. Keep an eye out for these orange and black bugs on your plant's leaves and their small white and black eggs on the underside.

Brassicas are cold tolerant and a light frost can make them sweeter tasting. Collards in particular thrive in cold weather.