

Cabbage and Chinese Cabbage Production Guide

Introduction

Cabbage (*Brassica oleracea* L. var. *capitata* L.) is the most widely grown crucifer locally. It is cooked boiled, steamed, stir fried, or consumed fresh as salad. It is a good source of Vitamin C, calcium, and fiber.

Chinese cabbage (*B. rapa* L. cv. group Chinese Cabbage), pechay Baguio, or wrong bok is not as widely grown as the common cabbage.

Production Statistics

Cabbage is grown in more than 8,000 ha all over the country, although two-thirds of production is concentrated in the Cordillera Administrative Region. Total production volume in 1997 is 97,000 t valued at P787 M. No statistics are available for chinese cabbage.

Production Management

Varieties:

Cabbage	Maturity (days)	Head Shape	Color
Haya	60	flat	shiny green
Resist Crown	55-60	semi-globe	green
Ramgo	50-55	round	green
Midorimaru	50-55	round	green
Scorpio	55-60	round	green
Rareball	55-60	round	green

Most varieties grow well in mid and high elevations during the dry season. Some varieties also perform well during the wet

season. In low elevations, some varieties perform well during the dry, cool months.

Cabbage and chinese cabbage can be planted in most soils, but clay loam to sandy loam are best.

Land Preparation

Prepare the land thoroughly by plowing and harrowing several times. In low and mid elevations, make 0.5 m wide beds. In high elevations, prepare beds 0.75 - 1.0 m wide.

Seedling Production

Prepare 1.0 m wide seedbeds at any convenient length. One hectare would require 50-70 m seedbed. Incorporate manure and rice hull ash or wood ash. Line sow 280 g/ha of seed in furrows across the bed 7-10 cm apart. Sow thinly to prevent damping-off. Mulch with rice hull or grass clippings. Water regularly. Provide nylon net tunnel as shade and rain barrier. Spray pesticides as needed. Expose to full sunlight one week before transplanting. Transplant seedlings four weeks from sowing.

Transplanting

Water the seedbeds and gently uproot the seedlings. Transplant in rows 0.5-0.75 m apart and 0.3-0.5 m between plants. Basal fertilizer may be applied at 10 g 14-14-14/hill. Irrigate before and after transplanting.

Mulch with rice straw, rice hull or plastic mulch to prevent weed growth and conserve soil moisture. It is best to intercrop with bunching onion, bulb onion, garlic, kutsai, tomato, marigold,

or other crops to minimize insect
pests.