

Start your own vegetable garden (Part 5)

In the previous edition, we looked at the cultivation of potatoes. This month, we focus on versatile, healthy cabbage.

Cabbage contains no fat or cholesterol and is rich in mineral salts and vitamins, especially when eaten raw. Cabbage can be used in salads, soups and stews. It can also be braised or steamed and eaten with meat, poultry or fish. Cabbage contains vitamin K, which plays an important role in producing the proteins that keep your teeth and bones healthy.

Prepare the ground

Cabbage grows best in well-drained soil. Avoid hard, rocky and clay soil.

- Work some compost or manure into the ground.
- A week before planting, add some fertiliser to the soil.
- If possible, add some nitrogen, phosphorus and potassium.
- Remove stones and weeds, and level the ground before you start planting.


Planting

- Plant cabbage during cool weather and plant it in full sun or light shade.
- Cultivate cabbage seedlings in seed trays and replant them when they are 5 to 6 weeks old.
- Plant the plantlets in rows that are 40 cm apart. Do not damage the roots when replanting.
- Plants should be planted about 2 cm deep.
- Once planted, press down the soil around the plants.

Watering and harvesting

- Water the plantlets as soon as possible after replanting.
- In cool weather, plants should be watered once a week.
- When it is very hot, water 2 to 3 times a week.
- Cabbage can be harvested when the heads are firm and fully formed.

Protect your cabbage

- Protect your cabbages against American bollworm, aphids, the diamondback moth and the bagrada bug.
- Cabbage worms are easily spotted and can be picked off by hand.
- Use a spray of water and soap or a good insecticide to kill aphids and other pests. 

Cabbage

Cabbage can be sown for most of the year.

1. Grows best in compost rich, well-drained soil.
2. Cultivate seedlings in seed trays or seedbeds.
3. Replant when 5 to 6 weeks old and water thoroughly.
4. Water 1 to 3 times a week depending on the weather.
5. Fertilise every 3 weeks (with manure).
6. Harvest when the heads are firm.



2 Cultivate seedlings



Kool

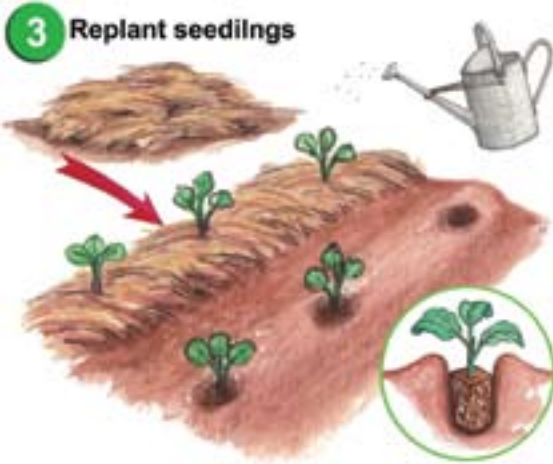
Kool kan bykans enige tyd van die jaar geplant word.

1. Dit groei die beste in komposryke, goed-gedreineerde grond.
2. Kweek saailinge in saadhouers of saadbeddings.
3. Plant uit wanneer hulle 5 tot 6 weke oud is en maak goed nat.
4. Maak 1 tot 3 keer 'n week nat, afhangende van die weer.
5. Bemes elke 3 weke (met mis).
6. Pluk wanneer die koppe ferm is.

Ikhaphetshu

Ikhaphetshu zingalinywa amaxesha amaninzi onyaka.

1. Ikhula ngcono kumhlaba onesivundiso esityebileyo nomhlaba omanzi.
2. Tyala izithole kwiitreyi zezithole okanye kwiibhedi zezithole.
3. Phinda uzityale xa zineeveki ezi-5 ukuya kwezi-6 uze uzinkcenkeshele kangangoko.
4. Zinkcenkeshele ka-1 ukuya ka-3 ngeveki, ngokuxhomekeke kwimozulu.
5. Zichumise qho ngeeveki ezi-3 (ngomanyola).
6. Zivune xa iintloko ziqinile.



Iklabishi

Amaklabishi angatshalwa unyaka wonke.

1. Akhula kangcono ehlabathini ecebile ngomquba, emunca kahle amanzi.
2. Tshala imbewu ngamathileyi embewu noma ngezindinyana ezitshalwe imbewu.
3. Phinda utshale futhi uma sezinamasonto angu-5 kuya kwangu-6 ubudala bese unisela ngokwanele.
4. Nisela kanye kuya ezikhathini ezintathu ngesonto kuye ngesimo sezulu.
5. Vundisa njalo emasontweni amathathu (ngomanyolo).
6. Vuna lapho izigaxa zeklabishi seziqinile.



Khabetjihi kapa kolo

Dikhabetjihi di ka jalwa nakong e kgolo ya selemo.

1. E hola hantle mobung o nang le moitedi le o se nang metsi.
2. Hodisa dipeo ditereing tsa dipeo.
3. Ha dimela di na le dibeke tse 5 ho ya ho tse 6 o di jale sebakeng se seng le ho di nosetsa hantle.
4. Nosetsa ka makgetlo a 1 ho ya ho a 3 ho tla laolwa ke boemo ba lehodimo.
5. Kenya moitedi dibekeng tse ding le tse ding tse 3.
6. Kotula ha dihlooho tsa kolo di tiile. **UM**

