



cabbages.

Sow: In a nursery bed from late March onwards.

Soil: Dig the soil well and add plenty of well-rotted manure the autumn before planting. You can also grow a nitrogen-fixing green manure over the site three weeks before planting.

Sun: Sun. Largely frost-tolerant, and doesn't mind a windy patch.

Grow: Plant in final position once the plants have grown five or six true leaves. Leave 15in between spring and summer varieties and 20in between winter varieties.

Harvest: When the heart or centre of the cabbage feels hard to touch.

Problems: Protect from cabbage root fly using a collar around the base of the plant. Net the plant to prevent cabbage white caterpillars from stripping it entirely bare: pick off the eggs from the underside and base of the leaves. Clubroot is a soil-borne fungal disease which can hang about for twenty years. Rotate properly, and never compost diseased plants. Grow resistant cultivars.

For more advice on growing and cooking cabbages, visit the Stylish Gardening Blog: fennelandfern.co.uk