

God gave us...



Plant a Seed! Feed a Soul!

“Cabbage” (Brassica oleracea)

Planting depth: ¼”-1/2” Apart in row (after thinning) : 10”-24” Distance between rows: 24”-40” Approximate days until germination: 6-10 days

♥ Let's grow...

Plant cabbage seeds 1/4”-1/2” deep in a sunny area of your garden. It takes about 6-10 days for the seeds to sprout into seedlings. Seedlings are new plants grown from seeds.

♥ Taking care of God's creation...

Cabbage seedlings need to be watered regularly so that the plants will develop quickly. Thin seedlings to 10”-24” apart and pull weeds by hand to protect the shallow roots.

♥ Eat your cabbage...

First grown in China, cabbage is a good source of vitamins for healthy bodies. You can show God's love to others by sharing the good food he has given us to eat.

“I give you every seed bearing plant on the face of the earth and every tree that has fruit with seed in it. This will be yours for food”

Genesis 1:29