







SEDAN FLORAL GROWN SAFE



 Full Sun	 Space 16-18"	 Height 12-20"	 Water Regular	Days to Maturity 50
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STONEHEAD CABBAGE

Stonehead Cabbage produces a solid 3 to 4 pound green sweet and mild head.

Cabbage will produce small side heads after you harvest the main head, but these small side heads may be bitter to eat.

Stonehead is a Hybrid variety that wont burst and can withstand cold temperatures.

Plant it Here!

Gardens
Beds

Serve it up

Raw
Broiled
Sautéed
Steamed

Harvest Instructions

Harvest cabbage heads when they are full and firm.

Use a sharp garden tool to cut the leaves off below the head exposing the steam, then cut the head away from the steam flush with the base.

Health Benefits

Contains Vitamins C & K
Good source of Folate,
Manganese & Calcium



A fresh and healthy
way to
better living™

