Caraflex Cabbage

Brassica oleracea var. capitata 'Caraflex'



Caraflex Cabbage fruit
Photo courtesy of NetPS Plant Finder

Height: 24 inches

Spread: 24 inches

Sunlight: ○

Hardiness Zone: (annual)

Description:

An early maturing variety that produces uniform heads ready for harvesting in summer; small, pointed heads are protected by tight, outer wrapper leaves; mild, sweet and tender, excellent for braising, stews, coleslaw or adding to soups

Edible Qualities

Caraflex Cabbage is an annual vegetable plant that is typically grown for its edible qualities. The round green tightly-wrapped heads of foliage are usually harvested from mid summer to mid fall. The heads have a pleasant taste and a crisp texture.

The heads are most often used in the following ways:

- Fresh Eating
- Eating When Cooked/Prepared
- Cooking

Planting & Growing

Caraflex Cabbage will grow to be about 24 inches tall at maturity, with a spread of 24 inches. This vegetable plant is an annual, which means that it will grow for one season in your garden and then die after producing a crop.



Caraflex Cabbage fruit and flesh
Photo courtesy of NetPS Plant Finder

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This plant is typically grown in a designated vegetable garden. It should only be grown in full sunlight. It does best in average to evenly moist conditions, but will not tolerate standing water. This plant is a heavy feeder that requires frequent fertilizing throughout the growing season to perform at its best. It is not particular as to soil pH, but grows best in rich soils. It is somewhat tolerant of urban pollution. Consider applying a thick mulch around the root zone over the growing season to conserve soil moisture. This is a selected variety of a species not originally from North America.

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