



Welcome TO BONNIE PLANTS' 3RD GRADE CABBAGE PROGRAM!

You've gotten your cabbage! Now what? Visit bonniecabbageprogram.com to learn the proper steps for caring and harvesting your (hopefully) humongous cabbage! Once your cabbage is fully grown, you'll need to weigh it and take a "high resolution" image of yourself and your cabbage, then submit it to your 3rd Grade teacher, or submit on our website under the "Submit to Win" tab. You will then be eligible to win \$1,000 scholarship towards education and statewide recognition as your state's Cabbage Program winner! Happy Planting and Good Luck!

Parents: Please visit bonniecabbageprogram.com to view an informative "parent" video and show your child the "student" video, both videos will be helpful to you!

Submissions MUST BE turned in to your 3rd Grade teacher or submitted to our website no later than September 30, 2025, even though you've already moved on to the 4th Grade.

STUFF YOU NEED TO KNOW: AFTER I'VE PLANTED MY CABBAGE

How do I know it's growing properly?

-Be sure you've followed the "Steps to Growing a Colossal Cabbage" and be sure to pull any weeds you see and protect your cabbage from frost or freeze. You'll know your cabbage is happy and healthy as you watch it continue to grow.

What should I do if I see bugs on my cabbage or holes in the leaves?

-Be on the lookout for brown or white moths, these come from worms that love to munch on your cabbage. Cabbage worms like to hide on the underside of its big leaves, so continually check for them. If you see any, get rid of them right away! For tips on worms and other pests, look for help at bonniecabbageprogram.com under the "Students" tab.

How will I know when my cabbage is fully grown and ready to harvest?

-Depending on your weather, your cabbage should be ready to harvest 8-10 weeks after planting into the



ground or in a large container. By then, your cabbage should have formed a solid and firm head and you'll know it's fully grown. Ask a parent to help you harvest by cutting the cabbage at ground-level.

How do I take a good high-resolution image of me and my cabbage?

-Be sure both you and your mature cabbage can be fully seen clearly and be properly dressed (no bathing suits please!). You can find more tips for taking a great image at bonniecabbageprogram.com. Be creative!



Use this checklist to keep track of the care you give your cabbage each week. After transplanting into the ground or larger container, after 8-10 weeks you should have a healthy, full-grown cabbage!

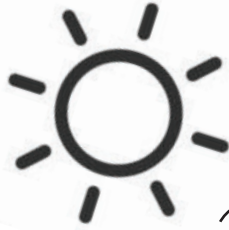
WEEKLY CARE CHECKLIST:

	Water	Weeds	Fertilizer	Bugs
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				
Week 9				
Week 10				

Steps to growing a Colossal Cabbage:

1

Grow, Baby, Grow: Plant the baby cabbage seedling in a container (4-8-inch diameter). Place the cabbage in a sunny spot to mature for 3-4 weeks. Water and fertilize regularly!



2

Let the Sunshine In: While your seedling is growing in its container, choose a planting spot that receives 6-8 hours of full sun per day and is not near any buried cables, wires, or pipes. Allow at least 3 feet on all sides of your planting hole for your cabbage to grow to be humongous! Or you can plant it in an 18-24-inch diameter pot instead. Be sure the pot has drainage holes and remember, the larger the pot, the bigger the cabbage can grow!



3

Supplement the Soil: After choosing a spot, use a shovel to loosen the soil. Mix a few shovels of compost or premium garden soil to enrich the native soil. If planting in a container, fill the container with premium potting soil mix.



4

Release the Roots: Once the cabbage is better established, remove it from its small container and "tickle" the roots before transplanting to the ground or large container.



5



Plant Your Cabbage: Using your hands or trowel, make a hole for your cabbage. Plant it so an inch or two of the stems is buried. Fill in the hole around the plant with soil and then press down firmly to remove any air pockets.

6

Water Wisely and Feed Regularly: Water your cabbage when the soil is dry 2 inches down. Be sure to always water in the early part of the day, at the soil level. Try not to wet the leaves and never "put your cabbage to bed wet"! Feed your cabbage with the plant food of choice, according to label directions. Ask a parent to help you harvest after 8-10 weeks.

