



Student GROWING GUIDE

5 STEPS TO A COLOSSAL CABBAGE!

Welcome to BONNIE PLANTS' 3RD GRADE CABBAGE PROGRAM!

You've got your cabbage!
Now what?

Visit bonniecabbageprogram.com to learn the proper steps for caring for 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. You will then be eligible to win a \$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 no later than **SEPTEMBER 20TH**, even though you've already moved on to the 4th grade.

1



LET THE SUNSHINE IN!

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 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!

2



SUPPLEMENT SOIL

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

3



RELEASE THE ROOTS

If your cabbage is in a bio-pot, drench it with water until the pot material is dark brown, cut off the label and tear off the bottom half and rim of the pot, then add to the planting hole, or compost. If your cabbage is in a plastic pot, remove the entire pot prior to planting. Gently "tickle" the bottom of the roots to loosen them before placing in the planting hole.

4



PLANT YOUR CABBAGE

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

5



WATER WISELY AND FEED REGULARLY

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

All of this info is also in video form at bonniecabbageprogram.com

BONNIE'S 3RD GRADE CABBAGE PROGRAM WEEKLY CARE CHECK LIST



Use this check list to keep track of the care you give your cabbage each week. After **8-10** weeks you should have a healthy, full-grown cabbage!

	WATER	WEEDS	FERTILIZER	BUGS
WEEK 1				
WEEK 2				
WEEK 3				
WEEK 4				
WEEK 5				
WEEK 6				
WEEK 7				
WEEK 8				
WEEK 9				
WEEK 10				

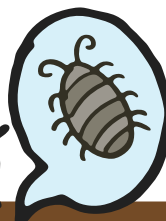


STUFF YOU NEED TO KNOW!

Thanks to American Takii Seed Company for donating the seeds for this program.

AFTER I'VE PLANTED MY CABBAGE, HOW DO I KNOW IT'S GROWING PROPERLY?

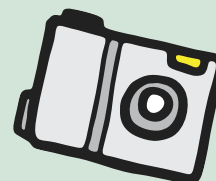
Be sure you've followed the "5 Steps to Growing a Colossal Cabbage" listed above and be sure to pull weeds and protect your cabbage from frost or freeze. You'll know your cabbage is happy and healthy as you watch it continue to grow!



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. 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!