Red Express Cabbage

Brassica oleracea var. capitata 'Red Express'



Red Express Cabbage
Photo courtesy of NetPS Plant Finder

Height: 18 inches

Spread: 24 inches

Sunlight: ○

Hardiness Zone: (annual)

Description:

A beautiful variety with uniform compact heads; quick to grow, quick to harvest; heads grow up to 3lbs each; great for sun loving gardens or containers; ideal flavor for fresh coleslaw; performs well in cooler weather

Edible Qualities

Red Express Cabbage is an annual vegetable plant that is commonly grown for its edible qualities. The round grayish green tightly-wrapped heads of foliage are usually harvested from late summer to mid fall. The heads have a pleasant taste.

The heads are most often used in the following ways:

- Fresh Eating
- Eating When Cooked/Prepared
- Cooking



Red Express Cabbage
Photo courtesy of NetPS Plant Finder

Planting & Growing

Red Express Cabbage will grow to be about 18 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.

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. 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, and it is considered by many to be an heirloom variety.

Red Express Cabbage is a good choice for the vegetable garden, but it is also well-suited for use in outdoor pots and containers. It is often used as a 'filler' in the 'spiller-thriller-filler' container combination, providing the canvas against which the thriller plants stand out. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.