

Cabbage

Area Under Cultivation

The major cabbage producing states are Uttar Pradesh, Orissa, Bihar, Assam, West Bengal, Maharashtra and Karnataka.

Botanical Name : Brassica oleracea var capitata

Family : Cruciferae

Plant Discription :

It is a small, leafy biennial producing a compact globular mass of smooth or crinckled leaves wrapped over each other known as head. The outer leaves are generally larger than the inner. The stem is short and stout. Plants flower generally after winter.

Centre of Origin : Mediterranean region

Pollination system : Cross pollinated

Chromosome no : 2n=18,36,72

Nutritional Levels:

Moisture (%)	Protein (%)	Fat (%)	Mineral matter (%)	Fibre (%)	Carbohydrate (%)	Calories (K Cal)
91.9	1.8	0.1	0.6	1	4.6	27
Minerals						
Phosphorus (mg/100g)	Potassium (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Sodium (mg/100g)	Copper (mg/100g)
44	0	39	31	0.8	0	0.02
Manganese (mg/100g)	Zinc (mg/100g)	Sulphur (mg/100g)	Chlorine (mg/100g)	Molybdiium (mg/100g)	Cromium (mg/100g)	
0.18	0.3	0	0	0.078	0.005	
Vitamins						
Carotene (mg/100g)	Thiamine (mg/100g)	Riboflavin (mg/100g)	Niacin (mg/100g)	Vitamin C (mg/100g)	Choline (mg/100g)	Folic acid-Free (mg/100g)
120	0.06	0.09	0.4	124	120	13.3
Folic acid- Total (mg/100g)						
23						