

THIS WEEK • THIS WEEK • THIS WEEK

Winter Vegies: Cabbage Kale, Etc.

Our plant family this week, *cruciferae* contains 1800 species, including the majority of our winter vegetables, quite a few ornamentals and a few persistent weeds, some edible. The *cruciferae* are also known as the mustard family. The flower of this family is a four-pointed cross. Many of its members are peppery or pungent.

Cabbage, cauliflower, Brussels sprouts, broccoli, bok choy, kale, mustard, radish, turnip, rutabaga, chinese cabbage, collards, kohlrabi, nasturtium, lunaria, allium, and iberis are just a few members of the family. It is a family of the temperate and cold regions.

The brassicas (cabbage alliance) are the largest vegetable group of crucifers. This group appreciates a fertile, moist soil, high in organic matter with a pH around 6.5. It is generally frost tolerant and even improves in flavor after a frost. The roots are in general shallow and wide-spreading, so cultivating or walking close to the plants damages them. This plant family must be rotated to avoid disease build-up. Brassicas are usually high in vitamins A and C and are best raw or lightly cooked. The major pests are mealy gray cabbage aphids, green looper offspring of the white butterfly and, by far the worst, the root maggot of the cabbage fly. Insecticidal soaps and *Bacillus thuringiensis* will control the foliage attacks, but the only 100 percent effective control of the

root maggot is netting the crop so the adult fly (about half the size of a house fly) cannot lay her eggs at the leaf base. We have had generally poor success with collars, repellents and deep mulches. Many have had adequate control on crops where the top is the edible part by using SEEKTM nematodes at transplanting time. The chemical control is diazinon at planting time and about once per week thereafter. Chlorban is also cleared for this now.

Brassicas being overwintered should have an ample supply of phosphorus and potassium this fall, but not too much nitrogen. About mid-January to early February, nitrogen should be sidedressed along the plants.

Cabbages are planted at 12"x12" for small head types to 18"x18" for large types. Ornamental cabbages look like giant roses. When the head is as firm as a softball, you can harvest. If the head is carefully cut, leaving the bottom leaves, extra bonus heads will grow. Cabbage can be stored in a root cellar environment for months if harvested with the root attached.

Collards are basically a non-heading cabbage. They tend to be quite large and require the 18"x18" spacing. Collards definitely need frost for best flavor. They have as much vitamin C as oranges and over 6000 IU/100 grams of vitamin A.

The edible parts of broccoli and cauliflower are the flower buds which should be harvested before they begin to open. Again, careful cutting results in second harvests. Since these are basically flowers, they do not keep as well as cabbage. Purple sprouting broccoli is a great winter crop. Culture and pests of broccoli and cauliflower are basically the same as for cabbage using a 18"x18" spacing. Cauliflower is sensitive to cultural shocks which will prevent the formation of a head. It needs fast, unchecked growth to head. If it is not the tie-blanching type, be sure to tie the leaves loosely over the head at the golf-ball size stage.

Kale is our favorite winter crucifer as it is mild and tender after frost and makes a reliable salad base, rich in vitamins through the winter. One hundred grams of kale provides 10,000 IU of vitamin A and 186 mg. of vitamin C, even in mid-winter. It is also rich in calcium and low in oxalic acid. It is less prone to problems than the other crucifers and flowering kale vies with roses for beauty. It is best raw or very slightly cooked and should be harvested just before use. Heat over 75° causes growing leaves to toughen so feed these to your bird or guinea pig and use the tender new ones. Try some *gai lohn* (Chinese kale) if you can find it. Kale's culture is the same as cabbage, except for its greater preference for cold. In rich soil, high in organic matter, at 18"x18" spacing, our plants will grow three feet tall and nearly as broad. With consistent picking, you can grow it on 15"x15". When kale bolts in the spring, the flower buds are great stir-fried.

Other fine winter salad additions from this family are the mustards (Green Wave, Mizuna, Bok or Pak Choy) and turnip greens.

Turnips and radishes are hard to grow here unless planted very early in the spring and/or protected against root maggot. In our garden, SEEKTM nematodes gave moderate to good protection to radishes, but poor for turnips. Turnips have to be the favorite food of root maggots. The root maggot fly is usually active from mid-April to mid-September, so crucifer root crops planted now have a good chance of survival, barring early freezes. Try quick-maturing varieties of turnip. Long winter radishes are fun to try as are spring raab and garden cress now.

Applications for Master Gardener training are still being accepted.

Happy Gardening!
—Pat Patterson
Lane County Extension Service
687-4247

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Thursday 6

Concert Music

The Magic Flute Mozart's opera performed in English at the Hult Center, Soreng Theatre through Friday, 7:30 p.m. For ticket information, call 687-5000.

Rick Springfield will be in Portland with Quarterflash for one show only at the Memorial Coliseum. \$10-\$12.50. 8 p.m.

Theatre

Murder at the Howard Johnson's, a comedy in two acts by Ron Clark and Sam Bobrick performed by the Cascade Balzac Company. Over 21 only. \$3. 9 p.m. curtain. Brass Rail, 453 Willamette. 342-2298 for reservations and information.

Barefoot in the Park, a Neil Simon comedy continues at the Very Little Theatre, 2350 Hilyard St. Curtain 8:15 p.m. For ticket information, call 344-7751.

Workshop Performance of movement improvisation will be presented at the Friends' Meeting Hall, 2274 Onyx St. \$2. 7:30 p.m. For more information, call 343-3840.

Speakers

Justinian Symposium running Oct. 6-8 at the U of O campus, Lawrence Hall. Lectures and a photo exhibit tour. For more information, call 686-3663 or 686-4877.

Andre Lariviere, one of the participants in the international Fast for life will speak on "We Can Risk Disarmament" at the monthly Peace and Justice Forum. St. Mary's Episcopal Church, 13th & Pearl. 7-8 p.m. Preceded by a soup supper from 6-7 p.m. \$1.50 adults, 75¢ children. For more information, call 485-1755.

Workshops/Classes

Western Art in Oil, a class by Karen Snider, will be offered Oct. 6-8 at the Emerald Empire Art Assoc., 421 N. "A" St., Springfield. For more information, call 726-8595 or 688-7570.

Diabetes Refresher Course will be offered today from 10 a.m. to 2 p.m. for people who have taken the Diabetes Self-Care Course at Sacred Heart Hospital. This will include updated information and new trends in diabetes care. \$25. For more information, call 686-7074.

Meetings

Older Women's League will hold their monthly meeting at the Congregational Church, 23rd and Harris. 7:30 p.m. For more information, call 345-2250.

Sidda Meditation Center welcomes the public to their weekly meditation instruction and chanting. 7:30 p.m. 1628 Lawrence St. For more information, call 686-1917.

Etc.

One-Woman Show by Bea Harpham to benefit the Womyn's Hotline. Eugene Garden Club, 7:30 p.m. For more information, call 343-7467.

Electro Faire '83, presented by Warehouse Sound Co., features new audio and video products from over fifty manufacturers. Oct. 6-9. Lane County Convention Center, Performance Hall. Thurs. noon-10 p.m.; Fri. and Sat. 10 a.m.-10 p.m.; Sun. 10 a.m.-6 p.m. For more information, call 683-8415.

Friday 7

Etc.

Octoberfest Antique Show and Sale at the Springfield Mall, Olympic and I-105. Oct. 7-10.

Film

48 Hours shows at the U of O campus, Rm. 150 Geology Bldg. tonight, 7 & 9:30 p.m. \$1.50 adults, \$1 children.

Bad Boys is the story of life in Dorm C at Rainford Juvenile Correctional Facility. U of O campus, 7 & 9 p.m. in Lawrence Hall, Rm. 177. \$1.50 adults, \$1 children.

Casablanca, with Bogie, Ingrid and Dooley. U of O campus, in Prince Lucien Campbell Hall, Rm. 180. 7 & 9:15 p.m. \$1.50 adults, \$1 children.

Concert Music

The Magic Flute at the Hult Center. See Thursday for details.

Robin Flower Band, performing country and bluegrass music with feminist lyrics. \$5. 8 p.m. at the La Sells Stewart Center, 26th and Western in Corvallis. For more information, call 343-3086.

Theatre

Murder at the Howard Johnson's continues at the Brass Rail. See Thursday for details.

Barefoot in the Park at the Very Little Theatre. See Thursday for details.

Dance Music

Folkdancing Lessons followed by programmed and request dancing. Beginners welcome. U of O, 350 Gerlinger Annex. Every Friday from 7:30 to 11 p.m. \$1.25. U of O students, 75¢. For more information, call 687-9643.

Workshops/Classes

The Vows of Compassion, first of four classes on *Understanding the Soto Zen Morning Service Sutras*, offered by the Oregon Zen Priory begins tonight. 7:45 p.m. \$6 per class or \$20 for series of four. 2255 Hilyard. 344-7377 for information.

Landscape Painting classes are now being formed at the Field Studio, 2727 Hilyard. \$35 monthly. For more information, call 485-2491.

Sports/Recreation

LCC Volleyball. The Titans travel to Pasco, Washington for the Cross-Over Tournament. Oct. 7-8. For more information, call 726-2215.

Professional Wrestling at the Lane County Fairgrounds, Expo Hall #6. 8 p.m. Ringside \$6, general admission \$5, children \$3. For more information, call 345-9717.

Saturday 8

Fairs/Festivals

Octoberfest Dinner and Dancing at St. Alice Catholic Church, 1520 "F" St., Springfield. For more information, call 746-1652.

Saturday Market, Eugene's traditional weekly open-air craft and food fair, features **Craig Soreth**, folk music, at 1 & 2 p.m.; **Azteca** playing Mexican border music, 3 p.m.

Lane County Farmers Market, offering produce by the basket or bushel, located on Park St., just west of the Saturday Market.

Hillcrest Vineyard Harvest Festival, 20th anniversary of winemaking. Music and entertainment, tours and toasts. 10 a.m.-5 p.m., Roseburg, OR. For more information, call 342-6584 or 683-4445.

Etc.

Designers' Yard Sale, sponsored by the Designers' Forum. 9 a.m.-5 p.m. at 158 E. 14th.

Hike to Lost Creek Springs near McKenzie Bridge with Cecilia Ostrow to view an area proposed for hydroelectric development. Departure time is 9 a.m. from 458 W. 12th Ave. and will return at 3:30 p.m. For carpooling and additional information, call 485-0091.

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