

God gave us...



# “Cabbage” (Brassica oleracea)

Planting depth: 1/2”-1/2”    Apart in row (after thinning) : 10”-24”    Distance between rows: 24”-40”    Approximate days until germination: 6-10 days

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## Let's grow...

Plant Pak Choi seeds 1/4”-1/2” deep in a sunny area of your garden. It takes about 6-10 days for the seeds to sprout into seedlings. Seedlings are new plants grown from seeds.

## Taking care of God's creation...

Cabbage seedlings need to be watered regularly so that the plants will develop quickly. Thin them to 10”-24” apart and pull weeds by hand to protect the shallow roots.

## Eat your cabbage...

First grown in China, Pak Choi is a good source of vitamins for healthy bodies. You can show God's love to others by sharing the good food he has given us to eat.

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“I give you every seed bearing plant on the face of the earth and every tree that has fruit with seed in it. This will be yours for food”

Genesis 1:29