Mammoth Red Rock Cabbage

Brassica oleracea var. capitata 'Mammoth Red Rock'



Mammoth Red Rock Cabbage fruit
Photo courtesy of NetPS Plant Finder

Height: 14 inches

Spread: 24 inches

Sunlight:

Hardiness Zone: (annual)

Description:

A well loved, vigorous and uniform heirloom variety; produces large deep red, round heads average 6lbs with a crisp, sweet flavor; delicious used for sauerkraut, pickling or braising; a wonderful choice for kitchen and market gardens; open pollinated

Edible Qualities

Mammoth Red Rock Cabbage is an annual vegetable plant that is typically grown for its edible qualities. The round grayish green tightly-wrapped heads of foliage are typically harvested when mature. The heads have a sweet taste and a crisp texture.

The heads are most often used in the following ways:

- Fresh Eating
- Eating When Cooked/Prepared
- Cooking
- Pickling
- Canning

Planting & Growing

Mammoth Red Rock Cabbage will grow to be about 14 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 may require supplemental watering during periods of drought or extended heat. This plant is a heavy feeder that requires frequent fertilizing throughout the growing season to perform at its best. 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.

Mammoth Red Rock 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.