

Market Link

for primary producers

A publication of the Market Information Service (MIS) - Ministry of Agriculture and Fisheries
"Linking the market and Primary producers"

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LOCAL CABBAGES: CHINESE CABBAGE & HEAD CABBAGE

Cabbages, along with broccoli, cauliflower, and kale, belong to the *Brassicaceae* family, which is also known as the mustard family. Its wild ancestor, *Brassica oleracea*, likely originated in the Eastern Mediterranean region¹. Cabbage is known as a plant that is commonly eaten as a vegetable. People also use the leaves for medicinal purposes².

There are two types of cabbages currently grown in Samoa, which are:

- Chinese Cabbage
 - Scientific Name: *Brassica rapa Pekinensis*
 - Samoan Name: Kapisi saina
 - Variety: Pak choi



- Head Cabbage
 - Scientific Name: *Brassica oleracea*
 - Samoan Name: Kapisi lapotopoto
 - Variety: KK-cross



Chinese cabbage and head cabbage are both grown as mono crops and have 3 months of growth rate. Their mortality rate is that approximately 5% of the plants do not survive. Their source of vitamins or food value is Vitamin A, Vitamin B and Vitamin C³.

¹https://en.wikipedia.org/wiki/Brassica_oleracea#:~:text=Brassica%20oleracea%20is%20a%20plant,was%20most%20likely%20first%20cultivated.

²<https://www.rxlist.com/supplements/cabbage.htm#:~:text=Over view,treat%20asthma%20and%20morning%20sickness.>

³ MAF-Farm Management Manual 2022/2023

OTHER BENEFITS

Cabbage is known as an exceptionally healthy food due to its vast health benefits to our bodies. It is considered having an outstanding nutrient profile, and it is especially high in both Vitamin C and K⁴.

Vitamin C is also known as ascorbic acid or a water-soluble vitamin that is naturally present in some foods and available as a dietary supplement⁵. It is also essential for various bodily functions, including collagen formation, wound healing, and immune system support⁶. Vitamin K is known as a fat-soluble vitamin that is crucial for blood clotting, bone health, and other physiological processes⁷.

Few benefits of consuming cabbage are that it helps lower the risk of certain diseases, improve digestion, and ease inflammation⁸.

PRODUCTION INFORMATION

Chinese cabbage: This gross margin budget represents a 0.3 acre fully commercial Chinese cabbage (Kapsi saina) enterprise.

Production Information Recommended

Varieties include; White Pak Choi, Green Stem Pak Choi, Wongmoon, and Saladeer

Planting Materials: Seeds are planted in boxes of compost and are raised in a nursery. Seedlings are transplanted into the plot after 3-4 weeks.

⁴ <https://www.healthline.com/nutrition/benefits-of-cabbage#:~:text=Cabbage%20is%20an%20exceptionally%20healthy,improve%20digestion%2C%20and%20ease%20inflammation.>

⁵ <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/#:~:text=Vitamin%20C%2C%20also%20known%20as,essential%20dietary%20component%20%5B%5D.>

⁶ <https://pmc.ncbi.nlm.nih.gov/articles/PMC3783921/>

⁷ <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-k/#:~:text=Vitamin%20K%20is%20a%20group,may%20help%20keep%20bones%20healthy.>

⁸ <https://www.healthline.com/nutrition/benefits-of-cabbage>

Plant Spacing:

- Between rows: 0.1x0.1m
- Plants within rows: 0.1x0.1m

Planting Time: All year around however, the best yields are obtained in the dry season (April – November), due to cooler temperatures resulting in reduced insect damage.

Number of Months to Harvesting:

Approximately 12,000 Chinese cabbages are harvested and sold, after taking into account a 5 per cent loss (6000 plants) due to insect damage.

Weed Control/ Management: Hand weeding or hoeing is necessary. Practice manual weed control.

Disease Control/Management: Soft Rot, White Rust: Practice good crop rotation. Remove and destroy diseased plants by either burning or burying, as soon as symptoms appear and select only healthy planting material.

Head Cabbage: This gross margin budget represents a 1 acre fully commercial Head cabbage enterprise.

Planting Materials: Seeds are planted in trays of compost and are raised in a nursery. Seedlings are transplanted into the plot after 3-4 weeks.

Plant Spacing:

- Between rows: 0.6m x 0.7m
- Plants within rows: 0.45m x 0.55m

Planting Time: All year around however, the best yields are obtained in the dry season (April – November). Also, the best time for planting is early hours of the morning and late in the evening.

Number of Months to Harvesting:

- Head Cabbages for sale are harvested from approximately 17,100 plants, after taking into

account a 5 per cent loss (900 plants) due to non-germinating seeds and insect damage.

- Approximately 17,100 cabbages are harvested, with 10% of rejects or non-marketable yield. A total of 15,390 cabbages are sold. Head Cabbages are sold by each depending on the size and the weight.

Weed Control/ Management: Hand weeding or hoeing is necessary. Weeds are removed when plants are still standing.

Disease Control/Management: Leaf Spot: Brown or black spots on the leaves. Under favorable conditions spots merge causing leaf to dry and burn. o Remove, burn and bury diseased plants. Remove all remains of last crop. Practice crop rotation of non-host plants⁹.

MARKET INFORMATION

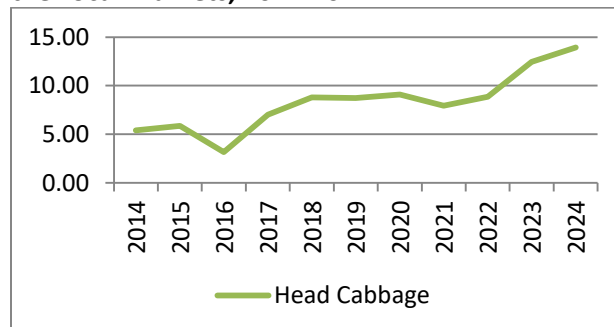
Both head cabbages and Chinese cabbages, alongside other types of cabbages, are sold anywhere and everywhere in Samoa. They are sold at the local markets, supermarkets, roadside stalls, and also within the village, all at different prices.

The average price for selling of head cabbages in local markets has been increased throughout each year. As indicated in Figure 1 shown below, the average price of head cabbage sold in 2014 was \$5, but in 2024 it increased to almost \$15 average price within the year. The graph also shows a decrease in the total average price of head cabbage in 2016 an increase again in 2017 until 2024.

Head cabbage is sold per pile or per head cabbage depending on the size of the vegetable, and this is for sale from \$3 to a much higher price. In most of the supermarkets, the

head cabbage is sold either in half or a whole cabbage, and also it is sold per kilo.

Figure 1: Average Price for Head Cabbage at the Local Markets, 2014-2024

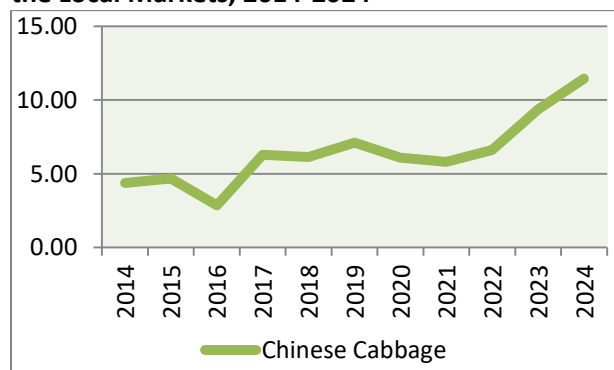


Source: Samoa Bureau of Statistics

The total average of Chinese cabbage sold in the local markets is similar to the trend of the Head cabbage as shown in Figure 2 below. The average price of selling Chinese cabbage at the local markets increased each year from 2014 until 2024. In 2014, it was indicated that the average price was \$4, with a decrease in 2016, and then suddenly an increase in 2017 until it reached almost \$12 in 2024.

Chinese cabbages are always sold in bundles of one or two, depending on the size of the harvested vegetable. This is sold from \$4 to a higher price depending on where the vegetable is being sold, whether it is at a supermarket, local market, or roadside stall or from someone within the village.

Figure 2: Average Price for Chinese Cabbage at the Local Markets, 2014-2024



Source: Samoa Bureau of Statistics

⁹ MAF-Farm Management Manual 2022/2023

Table1: Average Prices at the Fugalei Market

Commodities (SAT\$/kg)	December 2024	January 2025	February 2025	Lowest Price for 2024 to date	Highest Price for 2024 to date
Taro	5.45	5.43	4.62	3.66	5.82
Banana	2.18	2.11	1.74	1.46	2.58
Ta'amu	5.95	6.13	6.60	4.05	10.54
Coconut	1.03	1.00	0.94	0.86	1.05
Breadfruit	2.22	1.37	1.82	1.36	3.56
Yam	8.24	7.35	5.71	5.50	9.28
Head Cabbage	12.03	17.12	14.35	10.41	22.33
Tomato	22.81	29.15	30.37	21.96	52.85
Chinese Cabbage	11.10	17.18	13.08	6.58	17.18
Cucumber	6.91	9.52	8.83	6.91	9.86
Pumpkin	5.76	6.43	6.67	5.76	8.01

Source: Samoa Bureau of Statistics

Table 2: Foreign Currency per Tala (SAT\$)

March 2025	USD\$	NZD\$	AUD\$	YEN\$	FJD\$	EURO
1 Samoan Tala SAT\$=	0.3572	0.6267	1.7878	53.203	0.8276	0.3441

Source: Bank of the South Pacific

Market Link Newsletter

This newsletter is published quarterly and it seeks to assist stakeholders (farmers, consumers, wholesalers, policymakers) make informed market and marketing decisions based on credible, relevant price and supply information. Help us help you by providing constructive feedback on market information issues that will improve the service which will lead to growing a healthy and wealthy Samoa. For more information contact the Policy, Planning, Sector Coordination and Communication Division and ask for Fereni Tofilau.

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