



Gourmet Vegetables Feed the Family[®]



Broccoli



DESCRIPTION

The deep green floret of this common garden vegetable prove this plant to be one of the most versatile in the vege patch. Part of the cabbage family, broccoli is a branching plant, usually growing about 50cm/20in tall with thick edible stems, flowers and a textured green head. The generic variety is characterized by a large central head with smaller head clusters growing to the sides. In very cold weather it develops a purple tinge that shows clearly on its complexion. Very adaptable, there are varieties of Broccoli that grow during each part of the year, so you'll never have to go without.

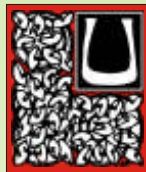
Packed with vitamin A and D this is an easy plant to grow at home.

Packman is an early maturing hybrid variety which grows a tightly beaded head and is perfect for the home vege patch. Part of the cabbage family, broccoli is a branching plant, usually growing about half a meter tall with thick edible stems and flowers. One of the key features of this variety are the tender side shoots with develop well once the main head has been cultivated.

Raab Rapini; Also called rabe, rapini, and cima de rapa, produces broccoli-like, tender flower buds and mustard green-like leaves on tall, thin stalks. Grows reliably and tastes less

bitter when grown in cool weather. Grows to 18 inches tall and can be grown in the ground or in containers.

Baby Bunching resembles a broccoli raab with an asparagus stem, and offers a mild taste. It is easy to grow and requires little space. First maturity of the central shoots is 50-60 days from transplant. Plants will set 3-5 side shoots shortly thereafter and continue for about four weeks in mild weather.



USES

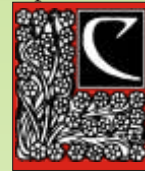
Broccoli is used in all kinds of dishes including salads, soups and pastas. Either steamed with a sauce, or layered in a lasagna it adds a subtle yet distinct flavor. It stir-fries easily, maintaining it's crunchy constitution, or will blend easily into a puree if needed in a bacon and broccoli soup.



GROWTH

Broccoli is usually grown at a spacing 20-25 in/50-64cm between rows and the same or a little less between plants. In other words, ensure the plants are 12 in/30cm apart in all directions. From seed to harvest can take up to 60 days (10 weeks). This will produce a medium to large size head. You can expect about

1kg of head from the broccoli plant provided the growing conditions are optimum.



CULTIVATION

Maximum growth can be achieved if this broccoli is pruned. The smaller off-shoots must be removed to allow the main head to develop until harvest. Broccoli grows best in a heavy and fertile soil, however be sure the earth is not too heavy with clay and the plant has semi or full shade. Broccoli is best kept protected from the frost, and enjoy cool sunny days. As they continue to develop their head ensure there is plenty of moisture in the soil. Similar to the cabbage and the brussel sprout, broccoli is susceptible to the caterpillars of the cabbage moth and the cabbage white butterfly as well as aphids, thrips and silverleaf whitefly which can also cause problems.



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