



Because Life Should Be Beautiful™

Broccoli

The name comes from the Italian word for 'Cabbage Sprout' and indeed broccoli is a relative of cabbage, brussels sprout, and cauliflower.

The immature flower heads, parts of the attached small leaves, and a considerable portion of the stem 4"-8" are edible. Harvest when the buds are about the size of a match head. Remove with a sharp knife, leave between 4" and 6" of stem. Eat as soon as possible because it will not keep for long.

The Broccoli should have tight compact bud clusters that are deep green or green tinged with purple and fresh looking leaves. Yellow buds are a sign of age. One planting may produce for as long as three months in the late fall or winter because of production from auxiliary shoots that produce small heads after the main one is removed.

For cooking break into even size pieces, dividing the stem and floret lengthwise if they are thick. Cook in a little boiling water for 4 - 5 minutes until just tender and then drain. Do not over steam; sometimes it can turn a grayish green.

It is best not to plant brassica family crops (Cole crops such as cabbage, broccoli, cauliflower, brussels sprouts, turnips, collards, and mustard greens) in the same spot year after year. The diseases and insects may build up, so be sure to rotate the crops in your garden.

Plants grow well in any fertile, well drained soil with deep watering and 1-2 feedings before heads begin to form.

If the temperatures get too high, broccoli will bolt into premature flower stalks that will bloom and go to seed.

Broccoli is an excellent source of vitamin A and C, as well as riboflavin, calcium, and iron.