

Broccoli



Method:

Sow direct or raise seedlings

When:

Late summer to autumn

Hardiness / Life Cycle:

Hardy Biennial (usually grown as an Annual)

Germination:

3-14 days at 7-30°C

Broccoli is an edible green plant in the cabbage family (family Brassicaceae, genus Brassica) Broccoli is a particularly rich source of vitamin C and vitamin K.

- **Distinctive 'mustardy' taste**
- **Can be eaten raw**
- **Usually dark green in color**

The most familiar variety is Calabrese broccoli which has large 10-20 cm (3.9-7.9 in) green heads and thick stalks. Sprouting broccoli (white or purple) has a larger number of heads with many thin stalks. It's eaten raw or cooked but is best served by steaming, microwaving or stir-frying.



Sowing Depth:

5 mm



Plant Spacing:

50 cm



Row Spacing:

60 cm



Position:

Full or part sun, well drained soil

**Days to Maturity/
Flowering:**

100-150 days