



Broccoli

Brassica aleracea

Nutrition Facts

- Broccoli contains calcium, potassium, and Vitamin C. In fact, the recommended daily amount of Vitamin C is found in just half a cup of broccoli.
- One head of broccoli has about 4 grams of protein.

Planting

Plant 3/20-4/10 or 7/25-8/5
(Guidelines for planting in raised beds)
Transplants: Plant outdoors 15-18" apart in rows that are 15-18" apart.
Seeds: We recommend not starting broccoli plants from seed outdoors. However, broccoli seeds may start indoors under lights 5 to 7 weeks before the outdoor planting date.

Care

Plants: Water when the top inch of soil dries out. Mulch the plants with cotton burr compost or straw to keep the soil moist and prevent weeds. Cabbage loopers, which are small green caterpillars, will chew through the leaves of broccoli plants. In order to prevent these pests, apply organic Dipel Dust to the plants.

Harvest & Storage

Be sure to harvest the broccoli before they flower and go to seed, when daytime temperatures reach 80 degrees.

Just before the flower bud opens, cut off the center head of the broccoli stock at an angle. After the main stock is cut, new, smaller broccoli heads will form.

Broccoli can be stored in the refrigerator for up to 2 weeks.

Recipe

Wash all vegetables before using

Snowcapped Flowers

- 1 broccoli head
- 8 ounces plain yogurt
- 1 tablespoon chives
- 1 tablespoon cilantro
- 1/4 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1 teaspoon lemon juice
- 1/2 teaspoon dry mustard

Cut broccoli florets. Finely chop the chives and cilantro. Mix together the yogurt, lemon juice, dry ingredients and fresh herbs. Dip the florets into the dressing and enjoy!



KCCG Headquarters
6917 Kensington Ave
Kansas City, MO 64132

www.kccg.org
816-931-3877