

# Free Workshops

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Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

See the schedule and register at:  
[kccg.org/workshops](http://kccg.org/workshops)

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# Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

Find them at  
[kccg.org/gardening-guidesheets](http://kccg.org/gardening-guidesheets)

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

Find them at  
[kccg.org/how-to-videos](http://kccg.org/how-to-videos)

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# Together We Grow

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KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.

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@KansasCityCommunityGardens



@kccommunitygardens



[www.kccg.org](http://www.kccg.org)



816.931.3877



[contact@kccg.org](mailto:contact@kccg.org)



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Kansas City, MO 64132

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# Volunteer

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Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

To join the fun, visit  
[www.kccg.org/volunteer](http://www.kccg.org/volunteer)

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# Growing Great Broccoli

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**KCCG**  
KANSAS CITY COMMUNITY GARDENS

# KCCG's Varieties

## **Arcadia (F1)** - 63 days

A rugged, vigorous broccoli with mid-late maturity. Big plants with heavy, very firm, dark green, domed heads with a unique "frosted" appearance. Tolerant of cold stress. Excellent side shoot production. (hybrid)

## **Green Magic (F1)** - 57 days

Early and heat resistant plants are compact and produce heads 5-6" in diameter. Great flavor and excellent side shoot production.

## **Marathon (F1)** - 75 days

Large, blue-green heads are heavy with high, smooth, tight domes and very small, fine beads. Intermediate resistance to downy mildew.

## **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:**

In the Kansas City area, plant between March 10th and April 10th.

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:**

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 and Storage:**

Be sure to harvest the broccoli before they flower and go to seed, when day-time 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.