

# 1 Broccolini

## Brassica

(Brassica sp.)

### Description:

A variety of broccoli grown for the edible stalks. A brassica (Cabbage family).

### Use and how to harvest:

The stem (peeled), leaves, and flowerhead are all edible. Steam for best flavour. Peel large stalks, slice and steam. Goes well with blue cheese sauce.



### Planting:

Easy to grow. Grow in seed trays, and plant out in 4-6 weeks in full sun. Sow seed at a depth approximately three times the diameter of the seed. Best planted at soil temperatures between 7°C and 30°C, between March and May. Space plants: 35 - 50 cm apart

### Soil & Fertiliser:

Rich, deep soil, firm with plenty of well rotted compost dug in.

### Growth:

Grow fast with plenty of water and food, and pick as soon as possible. If left without water they will bolt to seed and be inedible. The plants should grow to develop plenty of large healthy leaves, then the green flowerheads follow, which are cut for eating. Harvest in 10-16 weeks. Harvest by cutting off the large central head first before it starts to flower. Leave the plant growing after cutting the main flowerhead, and get additional crops from the side-shoots which will develop. Once a plant opens its yellow flowers then it is generally past eating as the flavour gets a bit overpowering and the plant gets very woody. Harvest them sooner rather than later.

### Companion planting:

Compatible with (can grow beside): Dwarf (bush) beans, beets, celery, cucumber, onions, marigold, nasturtium, rhubarb, aromatic herbs (sage, dill, chamomile, oregano)

**Avoid growing close to:** Climbing (pole) beans, tomato, peppers (chilli, capsicum), eggplant (aubergine), strawberry, mustard

### Problems and what to do:

Use fine mesh or exclusion netting over the warmer months to prevent butterflies laying eggs on the underside of leaves - caterpillars can destroy these plants. Remove any eggs and caterpillars as soon as possible. Protect against birds which can damage the young seedlings.