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M1159
no. 403
C.2

virginia home food production



BROCCOLI DEPARTMENT OF HORTICULTURE

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MH 403

ENVIRONMENTAL PREFERENCES

LIGHT: sunny

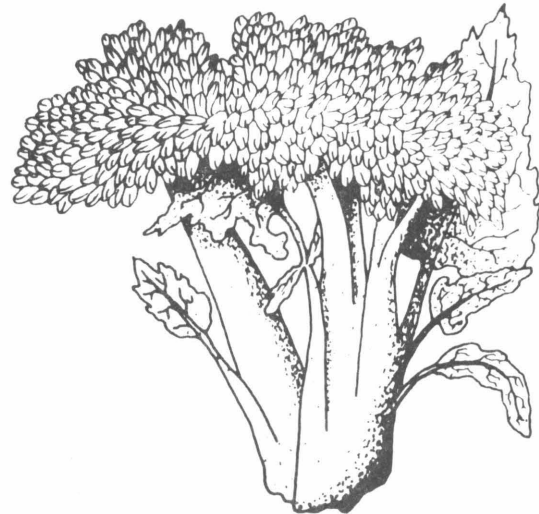
SOIL: well-drained, high organic matter

FERTILITY: rich

pH: 6.0-7.0

TEMPERATURE: cool (60-65°F)

MOISTURE: keep moist, not water-logged



CULTURE

PLANTING: start seeds indoors for early spring transplants. Seed in beds or flats for fall transplants

SPACING: 15-24" x 24-36"

HARDINESS: hardy annual

FERTILIZER NEEDS: heavy feeder, use starter fertilizer when transplanting, sidedress three weeks later and as needed (1½ oz. (33-0-0) per 10 feet of row).

CULTURAL PRACTICES:

There are two types of broccoli-

heading and sprouting. The head type is like cauliflower but green, and matures later. Sprouting broccoli has a central green head. When this is removed, small lateral heads develop. Varieties differ in their compactness and number of sprouting lateral heads. Most American-grown broccoli is the Italian green type. Broccoli has been recognized as a good home garden vegetable for freezing.

Buy transplants locally or produce your own and set out April 10 to 30 or August 1 to 15. Transplants for a fall setting can be produced along with cabbage and cauliflower transplants, taking about four weeks from seeding to setting into the garden.

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Set plants 18 inches apart in rows 30 inches apart. Use Waltham 29 for fall crops.

The heads of broccoli are really flower buds. These must be harvested before the flowers open or show yellow. Mature heads measure three to six inches across. Lateral heads that develop later are smaller.

Broccoli has a relatively shallow fibrous rooting system. Cultivate carefully or, even better, mulch.

COMMON PROBLEMS

DISEASES: clubroot, yellows or fusarium wilt, blackleg and blackrot

INSECTS: cabbage root fly maggots, cutworms, cabbage worms, cabbage looper worms, flea beetles, aphids

CULTURAL: poor heading and early flowering (interrupted growth due to chilling, extremely early planting, or drying out; or high temperatures).

NUTRITIONAL VALUE

Broccoli

	<u>Grams</u>	<u>Calories</u>
1 stalk . . .	180	45
	<u>% U.S. RDA</u>	
	<u>Vitamin A</u>	<u>Vitamin C</u>
	90	270

HARVESTING AND STORAGE

DAYS TO MATURITY: 60-100

HARVEST: large terminal bud cluster before flowers open, then small side bud clusters as they develop over following weeks. Harvest with 6-8 inches of stalk.

APPROXIMATE YIELDS: (per 10 ft. row) 6-10 bunches or about 4-6 lbs.

AMOUNT TO RAISE PER PERSON: 8 lbs.

STORAGE: very cold (32°F), moist (95% RH) conditions
10-14 days

PRESERVATION: freeze

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