

# BROCCOLI



- Broccoli is also known as calabrese, and while we are used to eating the large heads we buy in the supermarkets, there is a lot more to this crop. Once central spear of the plant is picked, the plant will begin to produce many more smaller spears from the leaf joints further down the plants main stem.
- Purple sprouting broccoli is a hardy vegetable that is planted in the late spring or early summer of one year and harvested the following spring. It will grow up to 4ft tall, and again the central spear of the plant will be ready for harvest first, and after this is picked, the plant will produce many smaller spears from the leaf joints further down the plants main stem
- For both types of broccoli, it is best to protect it with netting. This fends off white-fly during the summer, and the destructive pigeons who will feast on it during the colder months when there isn't much else growing.
- When planting, ensure the soil around the roots is firmed in well. This ensures the plants roots will not be weakened by 'wind rock', caused by the strong winds during winter. It can also be helpful to provide extra support for this large plant with a strong cane or pole.