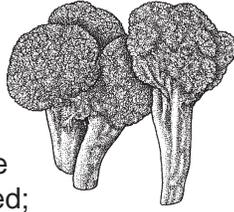


## Broccoli

Broccoli is one of the most nutritious of the cruciferous vegetables. The head we eat is clusters of unopened flower buds.

Set out transplants or direct seed in early spring (and late summer for a fall crop), planting 18" apart. Harvest the central head when buds are developed but still tightly closed; side shoots will then develop.



In addition to traditional green broccoli, you can find purple broccoli; broccoflower which is a cross between broccoli and cauliflower; and broccoli rabe which is more pungent and bitter.

Three species of cabbage worms commonly infest broccoli and its relatives. Control with Bt or other insecticides, or by covering the plants with floating row cover. Aphids may also be a problem. They can be managed by hosing off the plants or with insecticides.

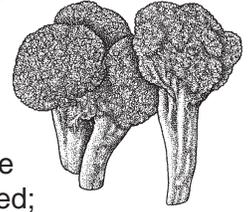
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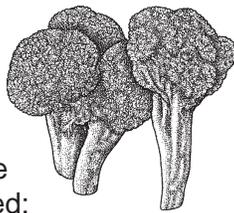
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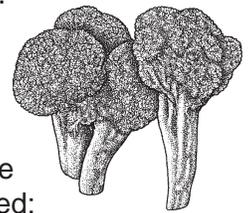
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## Additional Resources

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