

# Broccoli, Sprouting

Suggested varieties: *Purple Sprouting Early, Rudolph*

## PLANT



Sow seed 0.5cm deep in pots or seedbed. Transplant 45x60cm apart in fertile soil when 10cm tall. Plant so the bottom leaves touch the soil, firming well

## GROW



Water in prolonged dry weather. Mulch to conserve moisture. Plants are top-heavy so stake and pull soil around stems ('earth-up')

## EAT



Cut or snap off heads ('spears') when 10-20cm long, before flowers open. Start with the central spear to encourage branching. Cut regularly for 6-8 weeks

## Growing guide

Give it a go...

## Average time to harvest

From 35 weeks

## Equipment needed

Stakes, twine

## Germination time

7-12 days

## Average plant size

90cm tall, 60cm wide

## Family group to grow with

Brassica: cabbage, turnip

## Seed saving group

4 - Biennial, needs isolation

## Key nutritional content

Folate, vitamin C, calcium

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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Vegetable

