PLANT FACT SHEET

Brassica oleracea var. botrytis L.

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Cauliflower

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Vegetable, Seeds sprouts

The thick white flower is cooked and eaten.
The leaves are edible.
The flower stalk and midveins of larger leaves are used in cauliflower soup.
The seed sprouts are eaten.

DESCRIPTION

A herb. It is a cabbage family plant which develops a thick white edible flower in the centre. These can be yellow or purple. It has broad leaves around a thick stalk. The leaves clasp the stem. The leaves are oval and fleshy. The flowers are yellow.

HABITAT

It is a temperate plant. It mostly grows in the highlands in the tropics but has been grown from sea level to 2600 m altitude. In PNG it is best above 1,100 m above sea level. It is frost resistant. The best temperature is 14-21°C. In Nepal it grows up to 1800 m altitude. It suits hardiness zones 8-11.

PRODUCTION

Cultivation

They are normally grown from seeds and transplanted. Because plants cross pollinate and seed production requires low temperatures seed collecting is neither easy nor very successful.

NOTES

There are about 30 Brassica species and many cultivated varieties.

PICTURES

Credit: Food Plants International (Bruce French)

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