



PLANT FACT SHEET

Brassica oleracea var. italica Plenck.

GENUS *Brassica* FAMILY Brassicaceae

COMMON NAMES Broccoli

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Seeds sprouts, Vegetable

The central flower is cooked and eaten.

The leaves are edible.

The sprouted seeds are eaten.

DESCRIPTION

A cabbage family plant. It has a thickened green or blue flower at the centre. The flower is often in several small heads. They are surrounded by broad leaves attached to a thick stalk. Calabrese is a variety with tightly packed green or purple heads.

HABITAT

It is a warm temperate plant. It is mostly grown in the highlands in the tropics. In PNG it is best above 1,100 m above sea level. It is frost resistant. The ideal temperature is 20-25°C. It forms heads best with temperatures 14-21°C. A pH of 5.0-6.0 is suitable. It suits hardiness zones 8-11.

PRODUCTION

Cultivation

It is normally grown from imported seed. The seeds are planted in a nursery then transplanted. They are transplanted after 4-6 weeks. A spacing of 60 cm x 60 cm is suitable.

Harvesting and Seed Production

Plants are ready for harvest about 3 months after transplanting.

NOTES

There are about 30 Brassica species and many cultivated varieties. It is claimed to help fight cancer, especially prostate cancer. It has 5.7 mg per 100 g dry weight and 3.0 mg fresh weight of alpha-tocopherol (Vitamin E).

PICTURES



Credit: Food Plants International (Bruce French)



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