



PLANT FACT SHEET

Brassica oleracea var. alboglabra (L.H. Bailey) Musil

GENUS *Brassica* FAMILY Brassicaceae

COMMON NAMES Chinese Kale, Chinese broccoli, White flowered broccoli

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Stems, Vegetable

The flower stalk, flower heads, buds and tender leaves are all eaten.

The stems are steamed or braised and often served with oyster sauce. They are also used in soups.

DESCRIPTION

A cabbage plant with a single fleshy stem. Although it keeps growing from year to year it is normally grown as an annual. It grows 45 cm high and spreads 40 cm across. The leaves are dark green and rounded on long stems. Plants start to flower when 10 leaves are present. Flowers are white but there are varieties with yellow flowers. There are several named cultivars.

HABITAT

It does best in a fertile soil. The soil needs to be well drained. It prefers a pH of 6-7. Temperatures during the day of 18°-28°C are best. It can tolerate frost. It grows well in tropical regions but cool temperatures are necessary for flowering. It suits hardiness zones 8-11.

PRODUCTION

Cultivation

Plants are grown from seed. Seed can be sown direct or put in a nursery then transplanted. Seed are sown about 0.5 cm deep. Seeds germinate in 3-10 days. A spacing of 15 cm is suitable. Wide spacing causes stems to become thick and tough. Because plants are shallow rooted, they need regular watering.

Harvesting and Seed Production

It is fast growing. Flower heads are harvested after about 9 weeks. Heads are harvested individually to allow others to form. Harvesting is done before buds start to open. It is grown as an annual crop in winter months in southern China.

NOTES

There are about 30 Brassica species and many cultivated varieties.

It has 13.65 mg per 100 g dry weight and 7.3 mg fresh weight of alpha-tocopherol (Vitamin E).

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PROVIDED BY Food Plants International

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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