



SNAP-Ed

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Growing in Washington Broccoli



Quick Garden Tips

- 1 Broccoli is a member of the mustard (or cole) family along with Brussels sprouts, cabbage, cauliflower, kale and radishes.
- 2 Start seeds indoors about 6 weeks before planting time or transplant a start into your garden. Plant 12 to 24 inches apart.
- 3 Water to keep soil evenly moist.
- 4 Add a balanced fertilizer every 3 to 4 weeks after the plant is about 4 inches tall. Follow fertilizer package directions.
- 5 Hot temperatures (above 80 degrees F) cause broccoli plants to send up flowering stalks. This is known as bolting. Once broccoli bolts, it can taste bitter and may not be good for eating.

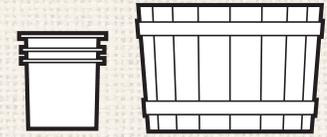


Season and Location

- ☼ Plant in fertile, well-drained soil in full sun. 
- ☼ Broccoli prefers cool weather, so plan for a harvest in spring or fall.

Container Gardening

- ☼ Choose small, compact varieties such as Small Miracle or Green Comet.
- ☼ Use at least a 5-gallon container with holes in the bottom for drainage.



Key Pests and Diseases

Aphids: hose off with water.

Cabbage worms: remove by hand.

- ☼ Use plant covers early in the season to reduce pests.
- ☼ To help reduce disease, do not plant cole family vegetables in the same area more than once every 3 or 4 years.



Not to scale



Cabbage worm

Washington Gardening Calendar for Broccoli

Seedling



Transplant



Harvest



Adapted from WSU Extension Publication EM0575E.

Recommended Types to Grow

Premium Crop, Packman, Arcadia, Early Dividend, Windsor, Emerald Pride, Gypsy, Romanesco, Veronica

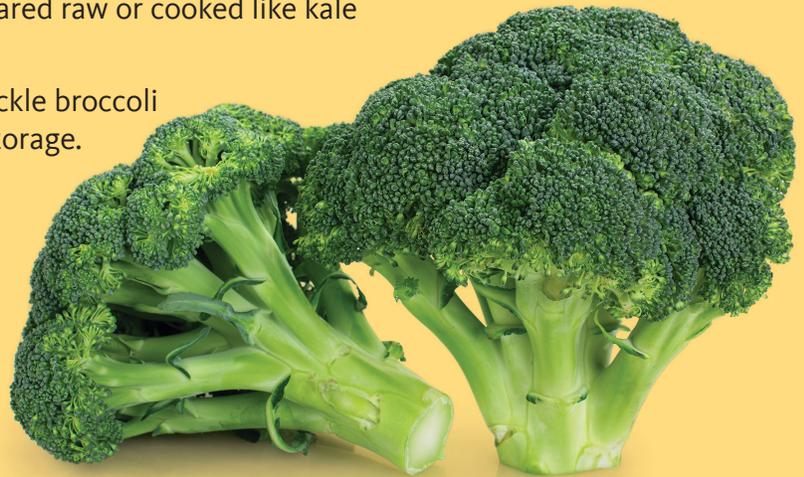


When and How to Harvest

- ✿ Harvest broccoli by cutting the stem below a head when it is a useable size. Buds should be small and tightly closed.
- ✿ Some varieties produce side shoots. Cut them regularly and harvesting may continue for a few more weeks.

Storage and Cooking

- ✿ Refrigerate broccoli after picking to keep 10 to 14 days.
- ✿ Eat broccoli raw with a dip or mixed into salad. Use broccoli cooked in soups, stir-fries or as a side dish. Broccoli leaves can be prepared raw or cooked like kale or collards.
- ✿ Freeze or pickle broccoli for longer storage.



Sesame Broccoli

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Makes: 2 cups

Ingredients

- 1 Tablespoon **sesame seeds** (optional)
- 2 Tablespoons **water**
- 1 Tablespoon **vinegar**
- 2 teaspoons low-sodium **soy sauce**
- 1 Tablespoon **sugar**
- 1 teaspoon **corn starch**
- ½ teaspoon **red pepper flakes** (optional)
- 1 teaspoon **sesame oil** or vegetable oil
- 3 cups chopped **broccoli** (fresh or frozen)

Note

Try other vegetables such as green beans.

Directions

1. Wash hands with soap and water.
2. Toast sesame seeds (if using) in a dry skillet on medium-high heat for 3 minutes or until golden brown. Set aside.
3. In a medium skillet, sauté broccoli in oil over medium heat for 2 to 3 minutes.
4. In a small bowl, combine water, vinegar, soy sauce, sugar, cornstarch and red pepper flakes (if using).
5. Add the sauce mixture to the broccoli in the skillet. Stir and cook until broccoli is tender and the sauce has thickened, about 3 to 5 minutes. Sprinkle with toasted sesame seeds, if desired. Serve.
6. Refrigerate leftovers within 2 hours.

