

ANOTHER  
HERB HERBERT  
FACT SHEET

SPECIAL INTEREST HERBS

# GOURMET VEGETABLES

## BROCCOFLOWER

*Brassica oleracea*



### DESCRIPTION

As its name describes, broccoflower is a mix between broccoli and cauliflower. Broccoflower tends to lean more towards cauliflower rather than broccoli, although it does take on some of broccoli's sweeter flavor and is typically milder than white cauliflower. The plant produces medium sized dome shaped heads that are light green in color. Broccoflower is fairly heat tolerant and is an excellent source of vitamin C, folate and fibre. As well as being very nutritious, broccoflower is also low in calories as well as salt and carbohydrates.

around 90 days to mature and it is recommended that you never plant these seeds in the same location two years in a row.



### ULTIVATION

Broccoflower grows best in rich soils with plenty of sunlight. Broccoflower likes water and can also be grown in pots. Broccoflower is best kept protected from the frost and enjoys cool sunny days. As they continue to develop their head ensure there is plenty of moisture in the soil. Broccoflower is available all year round at supermarkets. When harvesting broccoflower, be sure to look for heads that are free from brown spots of wilted

leaves. Look for heads which are thick and compact and that feel heavy when handling. If you are not using the broccoflower right away, it is a good idea to thoroughly wash the head and place in a plastic bag before putting in the fridge. This will allow the broccoflower to remain relatively fresh for around five full days. Any brown spots that appear during this time can be cut away using a knife. For more information on keeping your vegetables healthy see our organic gardening fact sheet on the Herb Herbert website. Select 'Special Interest' tab and select 'Organic Gardening' in the pull down menu. Companion plant to Parsley. Grow in the same soil each year with the old stems and leaves dug into the soil for compost.



### USES

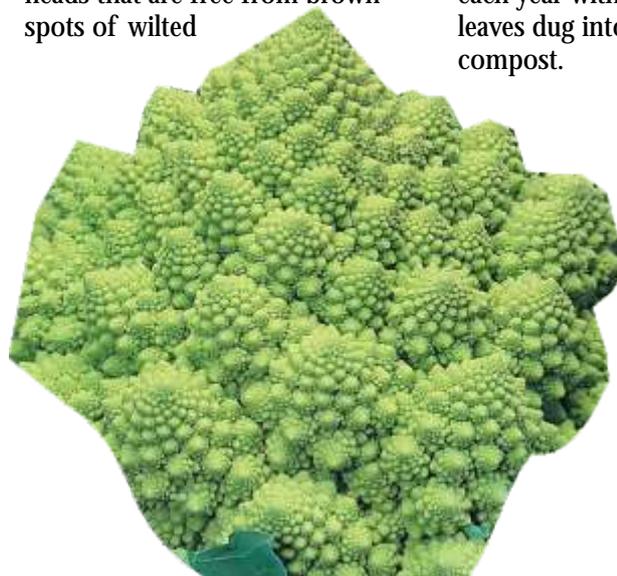
Broccoflower is used in all kinds of dishes including salads and stir fry and can even be eaten raw. Is delicious when steamed with a sauce and will blend easily into a puree if needed. Also makes for a delicious addition to soup, such as bacon and broccoflower soup.



### GROWTH

Broccoflower should be sown approximately 4in/10cm apart and 0.5in/1.3cm deep.

Broccoflower takes



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