



Nichols Garden Nursery
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**Herbs, Seeds & Goods
For the Gardener Cook**

**Serving Home Gardeners
For 65 Years**

BROCCOLI - *Brassica oleracea* Italica group Rich in vitamins A, C, potassium and an excellent source of iron, calcium, fiber and anti-cancer phytochemicals. Broccoli is an excellent winter crop especially in the south but will overwinter in more severe climates as well. In moderately cold climates it can be grown without winter protection, in areas of severe winters cover with Garden Row Cover or plastic which can be vented on sunny days. It is important to plant in well drained, rich soil for overwintering. Spring crop should be started indoors 4 to 6 weeks before your last frost and set out as soon as soil can be worked. Plants will produce heads before the heat of summer begins.

Planting Recommendations: Sow seed indoors in spring 4 to 6 weeks before last frost with a minimum soil temperature of 50° - 86° - 80° optimum. Sow seeds 1/4" deep with 3-4 per plug if starting in seed flats, thinning to one seedling per plug. When seeds germinate move to a cooler, well lit area to produce sturdy transplants. Harden off seedlings 7 days prior to transplanting outdoors. Plant outdoors in well prepared soil, enriched with a complete garden fertilizer, rich compost or cover crop that has been incorporated into the soil. Broccoli is considered a heavy feeder. Transplant outdoors when soil temperature is 60° - 65°. Water moderately and regularly. Plant again in July thru early August for a fall crop. Direct sow, planting seed 1/4" deep and 8" to 10" apart.

Harvesting: After harvesting the main head, side dress with fertilizer or compost to encourage side shoot development. Shoots can be the size of a silver dollar and as a tasty as the large center.

History: Broccoli is an edible green plant in the cabbage family, whose large flowering head is used as a vegetable. Broccoli was developed by selective breeding of cultivated wild cabbage in the Northern Mediterranean in about the 6th century BC. During the Roman Empire broccoli was considered a uniquely valuable food and is still considered by such among Italians. Broccoli was brought to England from Antwerp in the mid-18th century by Peter Scheemakers. Broccoli was first introduced to the United States by Italian immigrants but did not become widely known here until the 1920s. Sprouting broccoli is the first form when it

ceased to be cabbage and was cultivated for its shoots. Selection and improvements continued until it exhibited the same features as our current broccoli.

General Planting Info:

Planting Depth: 1/4 "

Germination Temp: 50° - 86, 80° Optimum

Days to Germinate: 5-10

Growing Soil Temp: 60°-65°

Spacing: 8-10"

Planting Location: Full Sun/Part Shade

Seed Notes:

Seeds per ounce: Approx. 6000-9000

Seeds per gram: Approx. 200-300

2 gram packet plants 15 ft.—1 oz. plants 200 ft.