

URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginner's guide to growing broccoli

Broccoli is a hardy, cool-season vegetable bringing colorful green nutrients to the table. Broccoli is part of the Cole Crop family, which also includes cabbage, kohlrabi, kale and more. It can be grown twice a year, in the late spring and the fall.

To plant:

For a spring crop, plant broccoli seeds indoors six weeks before the last frost and transplant seedlings when they're four weeks old. For a fall harvest, plant broccoli seeds indoors approximately three months before the first fall frost and transplant the seedlings when they're four to six weeks old. When planting broccoli, allow for up to 20 inches between plants. Leave 36 inches between the rows.

To grow:

When watering broccoli, do not get water on the developing heads. Some varieties of broccoli are heat tolerant, but still require adequate watering, such as 1 to 1.5 inches of water per week. Broccoli can become a target for aphids, cabbage loopers, cabbageworms, mildew and more. Apply soapy water to leaves if you see aphids. Mildew can cause yellow spots on leaves if there is moist weather, so try to keep leaves as dry as possible. Handpick cabbageworms and loopers off the leaves, but use a floating row cover if the problem gets out of control.

To harvest:

Broccoli is ready to harvest when florets are tightly closed in the center but begin to loosen slightly around the edges. If buds begin to show a yellow color, harvest immediately. Cut the stem at an angle to prevent rot. Sometimes, plants produce another head, so continue to water after



[Calabrese Green Sprouting Broccoli seeds available at ufseeds.com](http://ufseeds.com)

harvest. Broccoli typically yields approximately 1 pound per foot of row. Broccoli heads are typically larger during a fall crop than a spring crop.

What broccoli craves:

Broccoli likes nitrogen-rich fertilizer, full sun and moist soil. It does best in a soil with a pH between 6.0 and 7.0, which also discourages clubroot disease. Broccoli likes cool soil, so adding grass clippings around the plants helps. Also, water deeply and often.

Where to buy broccoli seeds:

Urban Farmer sells different variations of broccoli – including green broccoli, purple broccoli, baby broccoli and more. Check out our website at [ufseeds.com!](http://ufseeds.com)



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