



International Union of Soil Sciences

Mr. Broccoli (*Brassica oleracea*)

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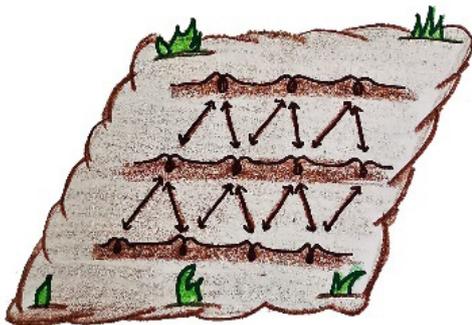
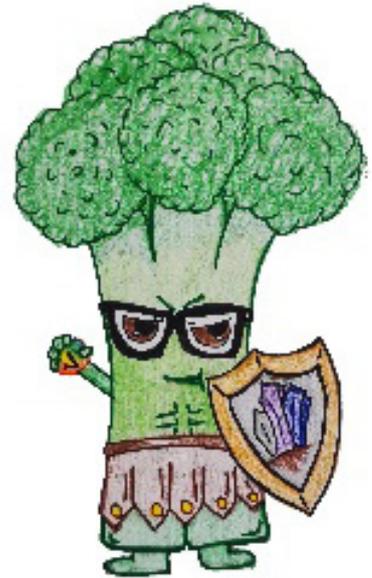
Mr. Broccoli

(*Brassica oleracea*)



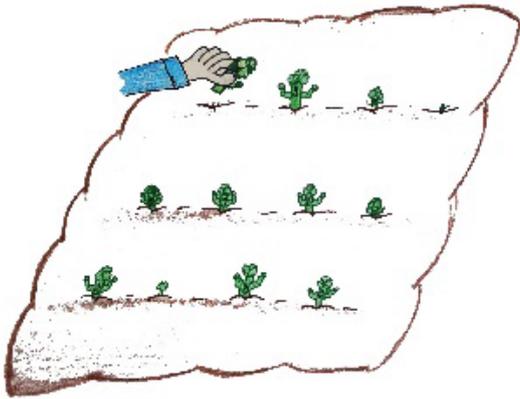
Hello, I am the Broccoli, and I look like a small tree. I come from a very important family of plants, our surname is *Brassica oleracea*, particularly, my name is variety *Italica*, but I like to be called only Broccoli.

I am highly appreciated because I contain a great number of vitamins and minerals, reasons why I am considered a vegetable that can protect you against many diseases, and allows you to be healthy.



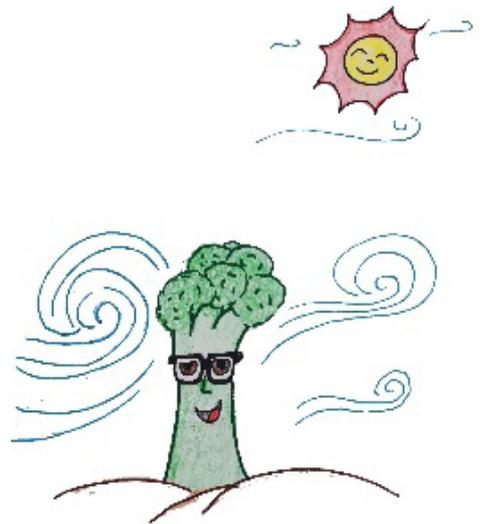
I am relatively easy to grow. You just put a little seed in a pot with soil that is not too heavy, and for that, you can make a mixture of black soil with leaf soil.

You can also put me in a planter or directly in a space in the soil, just put the seeds every 30 centimeters/ 11^{13/16} inches in the shape of a triangle, so that I can grow well.



I recommend that you put three seeds in each place and when they germinate, remove the smaller ones or those that are not so beautiful so that you leave only one little plant in each pot or in the soil.

To grow strong and look good, I need to be in a place that has plenty of sunlight, but that doesn't have a very high temperature; for me, it's nice if it's not higher than 22°C/degrees Celsius/ 71.6°F because I prefer a chilly environment, but not cold. And if it's too hot, my head that is formed by flowers opens up, and that's not good, because the best thing is that it's compact (that is, a little hard).



So that I can grow well, please water me at least every other day; it depends on it that I am healthy



and can absorb the nutrients from the soil to feed myself. Keep the soil humid; checking that, although the soil above is dry, the important thing is that the water is at the bottom where my root is formed.

At about 150 days, when you see that my head is well-formed, that it is compact and deep green, it is time to cut it off. Do it very carefully using a knife with an adult to help you. When you cut me, you must leave a trunk of at least 10 centimeters/ $3 \frac{15}{16}$ inches on the soil.



Usually, several broccolis can be formed from one plant, some may be smaller than others, but we are all equally healthy, it is good that once a week you eat broccoli in a stew or in a salad, but do not forget that you must wash and cook me before you consume me.





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