

How to Grow Broccoli, Cauliflower and Cabbages

1. In a sunny location (at least 6 hours of sun), dig a hole about 6" wide and 6" deep.
2. Toss in a handful (1/4 to 1/2 cup) of organic fertilizer (most will do, don't over-think it), and mix it into the dirt.
3. Gently remove plant (gently squeeze side of pot and kind of slide into your hand or lift plant out by base of stem).
4. Place the plant in the hole so that the base of the stem is level w/ the ground. You may have to make your original hole a little shallower – just push some dirt around, the fertilizer you mixed in will be ok, the roots will find it.
5. Push the dirt you took out to make the whole back in and around the plant and pat gently.
6. Water in at the base of the plant (avoid getting water on the leaves as that can lead to sun scorch and diseases).
 - a. You may need to water daily for the first few days of our Texas fall season until the plant takes off.
 - b. After that, water well once a week if we don't get any rain.
7. In about 2 1/2 to 3 1/2 months your broccoli, cauliflower and/or cabbages should be ready.
 - a. How will I know?
 - i. These kinds of veggies all grow within a nice nest of big leaves.



- ii. Look for the broccoli, cauliflower or cabbage head down in the center of these leaves.
 - iii. When the heads are as big as those that you've seen in the grocery store, they are ready to harvest.
- b. How do I harvest?
 - i. To harvest, cut the heads off at the base of the stem.



8. Is that it?

a. Yes, but not quite.

i. Cauliflower is a “one and done” kind of veggie; you’ll get one head per plant.

ii. Broccoli and cabbage however, are plants that keep on giving...

1. Broccoli will continue to send out small side shoots that you can continue to harvest throughout the fall, winter and into spring until it gets too hot.

a. When it gets warm, you’ll see the shoots get taller and thinner and the plant will start to flower; now it’s time to say goodbye to broccoli and start planning your spring garden.



2. If you leave the base of the cabbage plant intact after cutting off the main head, it may grow several smaller heads.

a. You can pick off all but 2 or 3, and you will get some smaller heads of cabbage in a few weeks.

b. But cabbage will pop out like all fall/winter vegetables when it starts getting warm again.

Pests: Several caterpillars, like cabbage loopers and cabbage webworms, love broccoli, cauliflower and cabbages. The best way to deal with these organically is to use a spray called Bt aka Thuricide. Bt (short for *Bacillus thuringiensis*) is an organic pesticide; it’s bacteria that affect the gut of the caterpillar so they quit eating and die in a couple of days. Note! Bt will kill butterfly caterpillars, so only spray it on affected plants (butterfly caterpillars do not typically feed on broccoli, cauliflower and cabbage plants).

