

**Sandusky City Schools
Dining Services & Mulvin's Farm
Farm to School Program
Fruit or Vegetable of the Month
November's Fruit or Vegetable:**

Broccoli



Dave Mulvin's techniques for planting and care of broccoli:

The first step for quality broccoli is the right seed variety. Choose a good quality seed and variety that should have disease resistance and the qualities and traits you are looking for in the final head of broccoli. Broccoli seed is very small and it is best to produce a transplant rather than direct seed into the garden. A transplant is created by planting the seed in a controlled environment indoors. Broccoli needs a soil temp of about 75 degrees F and moisture to germinate. Once the plant has emerged from the ground it requires full sunlight and an average temperature of 65-85 degrees F. After about 3-4 weeks the plant will have sufficient size and rooting to be placed in the garden, after any danger of frost (after May in Sandusky Ohio). Plant transplants deep enough to hold plants upright and on a 2 foot x 2 foot spacing. Starter fertilizer can be added at this time using a 6-20-20 analysis (6%-nitrogen, 20%-phosphorus, 20%-Potassium). More is NOT better when using fertilizer! A tablespoon mixed or placed near the plant is sufficient. Keep weeds eliminated and watch for pest damage. Broccoli will take 8-12 weeks to mature depending on weather. A large head will develop in the center of the plant and can be cut with a knife at the bottom of the stem when it is about 8-10 inches in diameter. This head of broccoli is the premium one and will be the only one of this size. This one premium head is the most valuable in terms of sale. The plant will keep producing smaller heads for about the next 3-4 weeks. The small ones will have the same flower but not size, ranging in the 3-4 inch area. We like to pick and clean broccoli and eat it as is. Someone will always bring a packet of ranch dressing. Enjoy!

Farmer Dave

Broccoli Nutritional Facts:

For complete nutrition facts about Broccoli please click on this link:

<http://www.dietandfitnesstoday.com/calories-nutrition-facts.php?amount=1&units=1&id=11090>

If you would like more detailed information about Broccoli including:

**The history of Broccoli
Medicinal uses of Broccoli
Preparation of Broccoli
Recipes for Broccoli**

Please go to this link:

<http://www.vegparadise.com/highestperch44.html>

We hope you will join Sandusky Dining Services and Mulvin's Farm in promoting healthy eating in your household.