

Cauliflower

Vegetable

Suggested varieties: *Belot FI*, *Neckarperle* (summer/autumn); *Galleon*, *Medaillon FI* (winter)

PLANT



Sow seed 0.5cm deep in pots or seedbed. Transplant when seedlings have five leaves; 45cm apart (summer/autumn); 60cm (winter). Choose firm fertile soil

GROW



Keep soil moist (otherwise small flower heads form). Mulch to conserve moisture. Bend leaves over developing heads to protect from sun-scorch and frost

EAT



Begin cutting when flower heads are fairly small. Heads are over-mature when 'florets' start to separate or the head turns yellow

Growing guide

Trickier

Average time to harvest

16-20wks (sum); 40-50 (winter)

Equipment needed

Mulch (eg compost)

Germination time

7-12 days

Average plant size

45cm tall, 60cm wide

Family group to grow with

Brassica: cabbage, kohlrabi

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Folate, vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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