

A background image of several broccoli plants. In the center, there is a semi-transparent grey rectangular box containing text. The plants are green with some purple-tinged buds.

**Sow:** June onwards, 1cm deep, in a seedbed. If sowing in final position, thin to 75cm apart.

**Soil:** Manure the soil heavily the previous autumn. Sow a nitrogen-fixing green manure prior to planting the broccoli out.

**Sun:** Full sun, sheltered from strong winds.

**Grow:** Feed well using liquid seaweed or comfrey tea once a week. Keep well-watered if dry.

**Harvest:** From late winter onwards, just before the flowers open. If you regularly cut the shoots from around the plant, new ones will sprout.

**Problems:** Protect from cabbage root fly using a collar around the base of the plant. Net the plant to prevent cabbage white caterpillars from stripping it entirely bare: pick off the eggs from the underside and base of the leaves. Clubroot is a soil-borne fungal disease which can hang about for twenty years. Rotate properly, and never compost diseased plants. Grow resistant cultivars.

For more advice on growing and cooking broccoli, visit the Stylish Gardening Blog: [fennelandfern.co.uk](http://fennelandfern.co.uk)

# broccoli.