



BRASSICAS

What is It?

- Broccoli, cauliflower and romanesco are in the brassica (also known as cruciferous) family.
- These three vegetables developed from the same plant, but plant breeders have created a wide range of colors and head shapes over time.
- Some varieties of cauliflower are orange or yellow and broccoli, cauliflower, and romanesco all have purple varieties.
- A head of broccoli, cauliflower or romanesco is made up of many immature flower buds. If the head isn't harvested, it will turn into a bunch of small yellow flowers.



Grow It

- Broccoli, cauliflower, and romanesco can be seeded directly in the soil, or planted as starts (young plants that have been started in small pots). They should be planted 12-24 inches apart and watered regularly to keep soil evenly moist. Once the plant is about four inches tall, it benefits from added fertilizer every three to four weeks.
- Plants are ready to harvest when they have developed tight, dense flower buds. Hot temperatures may cause these plants to send out flower stalks, which is called "bolting." This makes the plants taste bitter, so it is important to harvest before bolting occurs. To protect cauliflower heads from sun damage, the top outer leaves of the plant can be wrapped around the head and tied together with twine until the plant is ready to harvest.
- To save on time and garden space, broccoli shoots are easy to grow in the classroom if you have access to a sunny window or a grow light. Follow this guide to grow broccoli shoots any time of the year: [Growing Microgreens](#).



Red cabbage, credit: WSDA



Make It

Equipment List:

- Measuring cups
- Measuring spoons
- Small bowl
- Spatula or spoon
- Medium bowl
- Cutting board
- Sharp knife

Recipe: Broccoli Salad Yield: 6 servings	
Ingredients	Directions
<ul style="list-style-type: none"> 4 cups broccoli, washed, trimmed, and cut into bite-size pieces 1/4 cup red onion, diced 1/2 cup raisins 3/4 cup radishes, thinly sliced 1/3 cup mayonnaise 2 1/2 tablespoons plain, low-fat yogurt 1 tablespoon sugar 1 tablespoon rice wine vinegar or 1 tablespoon apple cider vinegar 	<ol style="list-style-type: none"> 1. In a medium bowl, combine broccoli, onions, raisins, and radishes. 2. In a small bowl, stir together mayonnaise, yogurt, sugar, and vinegar. 3. Pour dressing over broccoli and mix well. 4. Refrigerate for at least two hours before serving. (This will help marinate the ingredients but is not essential.)

Notes

- Cooked broccoli can also be used (cook broccoli in 1/4 cup of water for 2 minutes).
- For an extra crunchy taste, add your choice of nuts or seeds, such as pine nuts, sunflower seeds, sliced almonds, walnuts, etc.

This recipe was adapted from adapted from [EatFresh](#).



Make It

Equipment List:

- Large bowl
- Small bowl
- Whisk or fork
- Measuring spoons
- Baking sheet
- Spatula or spoon
- Oven
- Oven mitt

Recipe: Roasted Romanesco with Chickpeas and Lemon Tahini Dressing Yield: 4 servings	
Ingredients	Directions
<p>Roasted Vegetables</p> <ul style="list-style-type: none"> 1 head romanesco, broken into small florets 2 carrots, sliced diagonally 1 red onion, cut in half and sliced lengthwise 1 15-ounce can of chickpeas, drained, rinsed 1 tablespoon canola or other neutral oil salt, to taste black pepper, to taste <p>Dressing</p> <ul style="list-style-type: none"> 1 lemon, juiced 1 tablespoon Dijon mustard 2 tablespoons olive oil 2 tablespoons tahini, or more, to taste 1/4 teaspoon crushed red pepper flakes 1/2 cup parsley, chopped 	<ol style="list-style-type: none"> 1. Preheat oven to 400 degrees F. 2. Combine romanesco, carrots, red onion, chickpeas, high-heat oil, salt, and pepper in a large bowl. Toss to combine and transfer to a baking sheet. Roast until cauliflower is al dente, about 30 minutes. 3. Combine lemon juice, Dijon, olive oil, tahini, and crushed red pepper in a small bowl and whisk until well combined. Stir in parsley and set aside. 4. In a large bowl, combine roasted vegetable mixture with dressing and toss gently to combine. Taste for salt and pepper and add more if needed. Serve warm or at room temperature.

This recipe was adapted from [eatFresh](#).



Make It

Equipment List:

- Measuring cups
- Measuring spoons
- Sharp knife
- Cutting board
- Grater
- Oven
- Oven mitt
- Roasting pan
- Plate
- Microwave

Recipe: Cauliflower Tacos Yield: 3 servings	
Ingredients	Directions
<ul style="list-style-type: none"> 1 head cauliflower, cut into small pieces 2 cloves garlic, unpeeled 2 teaspoons olive oil 1 teaspoon paprika 1/2 teaspoon cayenne pepper salt, to taste 6 tortillas 1/4 cup cheese, grated 1/2 cup salsa black pepper, to taste 	<ol style="list-style-type: none"> 1. Preheat the oven to 400 degrees F. 2. In a medium-sized roasting pan, arrange the cauliflower pieces and the unpeeled cloves of garlic. Pour the olive oil over the cauliflower and then sprinkle the spices ovetop. Use your hands to thoroughly coat the cauliflower with oil and spices. 3. Bake for 45 minutes to 1 hour, depending on how crispy you like the florets. Squeeze the roasted garlic out of the peel onto the cauliflower. Discard the skins. 4. Once the cauliflower is done, warm up the tortillas in the microwave for 20 to 30 seconds, or put them in a warmed oven covered with aluminum foil while you prepare everything else. 5. Place two tortillas on each plate and fill with a generous serving of cauliflower. 6. Sprinkle grated cheese over each taco and drizzle with salsa.

This recipe was adapted from [eatFresh](#).

Eat It

- Broccoli, cauliflower, and romanesco are all high in Vitamin C, which supports healthy skin, tendons, ligaments, blood vessels, and our immune system.

Read It

- The Trouble with Cauliflower, by Jane Sutton
- Monsters Don't Eat Broccoli, by Barbara Hicks
- The Boy Who Loved Broccoli, by Sarah A. Creighton
- The Vegetables We Eat, by Gail Gibbons



Cauliflower, credit: WSDA

Find It

- Broccoli and cauliflower are available year-round at most grocery stores. Check the product label or shelf tag to see where a product is grown. Romanesco is more likely to be available during peak season in early fall. Broccoli and cauliflower can be found fresh, frozen, or canned. Romanesco is most commonly sold fresh. All three are commonly found at Washington state's many farmers markets, farm stands, and other local markets between June and November.
- When selecting brassicas, it is important to make sure the vegetable is dense and firm. Avoid Brassicas that are limp, discolored, or bruised.
- Find a [Farmers Market in Washington](#). Many farmers markets and vendors accept WIC Farmers Market Nutrition Program, WIC Fruit and Vegetable Benefit, and SNAP Market Match.
- Find local farms and markets that sell Washington-grown brassicas here: [Washington Farms | Local Farm Finder](#).



Cabbages, credit: WSDA

