

## Broccoli F1 Anastya - Seeds - buy 1 get 1 free



Broccoli 1 packet contains Broccoli - 30 seeds.

Rating: Not Rated Yet

**Price**

Sales price R 115

Discount

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Description

### Description for Broccoli F1 Anastya

This cool-season crop grows best when daytime temperatures are in the 60-65°F. Grow in both spring and fall, but avoid mid-summer crops as hot weather can cause premature bolting.

Like spinach, can be grown in the spring or fall. In fact, you may be able to get a continual harvest throughout both seasons if you time planting correctly. A member of the cabbage family, broccoli is rich in vitamins.

Common name	Flower colours	Bloom time	Height	Difficulty
broccoli, cauliflower	-	early summer, mid-summer, late summer, early fall, mid-fall	Height: 2 to 3 feet Spread: 2 to 3 feet	Moderately easy

### Planting and care

Direct seeding of broccoli plants is possible. This is especially so with a fall crop. For the first summer harvest, start your broccoli seeds in early spring. For a fall harvest, start your seeds in midsummer.

Broccoli transplants can grow in six to eight weeks for a summer crop and only five to six weeks for a fall crop. When growing transplants in the spring, you want to make sure to give them enough cold weather to harden off, but make sure they are protected from freezing temperatures.

Sunlight	Soil	Water	Temperature	Fertilizer
full sun, Can tolerate light shade but will slow maturity.	Requires well-drained soil, fertile soil high in organic matter, pH 6.0 to 7.5. Can tolerate slightly alkaline soil. Needs plentiful, consistent moisture.	Provide a uniform water supply to your plants. You should water the garden in the morning so the foliage is dry before the sun goes down. Make sure you water	65 and 75°F	Broccoli needs lots of nutrients. A general rule for fertilization of the plants when growing broccoli would be to apply 5-10-10 to the soil before planting

the broccoli enough to moisten the soil to a depth of six inches at least. If you only sprinkle the plants lightly, your broccoli will have shallow roots and not get the nutrients it needs to provide you with a good crop.

broccoli in the soil.

## Caring for Broccoli F1 Anastya

- Fertilize three weeks after transplanting.
- Provide consistent soil moisture with regular watering, especially in drought conditions.
- Some varieties of broccoli are heat tolerant, but all need moisture.
- Do not get developing heads wet when watering.
- Roots are very shallow, do not cultivate.
- Suffocate weeds with mulch.
- Mulch will also help to keep soil temperatures down.

## Harvesting

Broccoli come to harvest in 100 to 150 days.

In terms of timing: Harvest broccoli when the buds of the head are firm and tight before the heads flower.

If you do see yellow petals, harvest immediately.

For best taste, harvest in the morning before the soil heats up.

Cut heads from the plant, taking at least 6 inches of stem.

Cut the stalk of the main head at a slant, about 5 to 8 inches below the head.

Most varieties have side-shoots that will continue to develop after the main head is harvested.

You can harvest from one plant for many weeks, in some cases, from spring to fall, if you're summer isn't too hot.

Store broccoli in the refrigerator for up to 5 days.

If you wash before storing, make sure to dry it thoroughly.

Broccoli can be blanched and frozen for up to one year.

## Typical uses of Broccoli F1 Anastya

### Special features:

#### Culinary use:

Broccoli can be steamed or sauteed and served by itself or with other vegetables.

It should be steamed before sauteing or stir-frying.

Raw broccoli is very popular when accompanied by a dipping sauce, and is often served with other raw vegetables.

Broccoli rosettes can be cut from the stems and then the rosette and the cut stems can be cooked separately and served together.

Steamed broccoli with butter, or sauteed broccoli in olive oil with garlic and finished with a squeeze of lemon are two of the more common ways of serving broccoli, and each is a great base from which many variations can be made.

The stalks are just as delicious as the flowers, so try chopping them into 1/4" pieces with your flowers.

#### Medicinal use:

Cancer Prevention - Broccoli contains glucoraphanin, which the body processes into the anti-cancer compound sulforaphane.

It also contains indole-3-carbinol, a powerful antioxidant compound and anti-carcinogen found to not only hinder the growth of breast, cervical and prostate cancer, but also boosts liver function.

Broccoli shares these cancer fighting, immune boosting properties with other cruciferous vegetables such as cauliflower, Brussels sprouts and cabbage.

Cholesterol Reduction-

Like many whole foods, broccoli is packed with soluble fibre that draws cholesterol out of your body. Reducing Allergy Reaction and Inflammation. Powerful Antioxidant - Of all the cruciferous vegetables, broccoli stands out as the most concentrated source of vitamin C, plus the flavonoids necessary for vitamin C to recycle effectively. Also concentrated in broccoli are the carotenoids lutein, zeaxanthin and beta-carotene, other powerful antioxidants.

Bone Health - Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.

Heart Health - The anti-inflammatory properties of sulforaphane, one of the isothiocyanates (ITCs) in broccoli, may be able to prevent (or even reverse) some of the damage to blood vessel linings that can be caused by inflammation due to chronic blood sugar problems.

Detoxification - Glucoraphanin, gluconasturtin and glucobrassicin are special phytonutrients that support all steps in the body's detox process, including activation, neutralization and elimination of

unwanted contaminants. These three are in the perfect combination in broccoli.

Broccoli also contains isothiocyanates (which you read about in inflammation) which help control the detox process at a genetic level.

Diet Aid - Broccoli is a smart curb and is high in fibre, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating.

Furthermore, a cup of broccoli has as much protein as a cup of rice or corn with half the calories.

Alkalises Your Body - Like many vegetables, broccoli helps keep your whole body less acidic, which has a host of health benefits.

## References

<http://www.gardeningknowhow.com/edible/vegetables/broccoli/how-to-grow-broccoli.htm>

<http://www.smartgardener.com/plants/1462-broccoli-de-cicco/culinary>

## Reviews

Sunday, 27 August 2017

Seeds have sprouted - Guess rest depends on climate and how well i look after it.

Grasskhor

Saturday, 26 August 2017

Hom much height it can grow ?

Ashish Bhujbal

Friday, 25 August 2017

The vegetable seeds have germinated.I can give my real review only after a few months

Manisha Sharma

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