

veggies

Cole crops: Light frost increases their flavor

Broccoli, cabbage, cauliflower and brussels sprouts are called cole crops by horticulturists. Gardeners know they are cool weather lovers. Anyway you look at them or call them, the cole crops bring in royalties of flavor and vitamin content from the garden.

Early spring is traditionally the time to plant these highly rated, nutritional vegetables. Expect an equally good, or often better crop from transplants set out in midsummer for fall harvest. Days and evenings are predictably cool by September, and the coles respond with top notch growth and flavor. Light frosts will not harm these hardy vegetables; in fact they will increase their flavor.

Cabbage popularity had to do with more than its versatility. Only 15 calories reside in each crisp, flavorful cup. A usable cabbage crop should include early varieties for slaw and salads as well as later varieties for making sauerkraut.

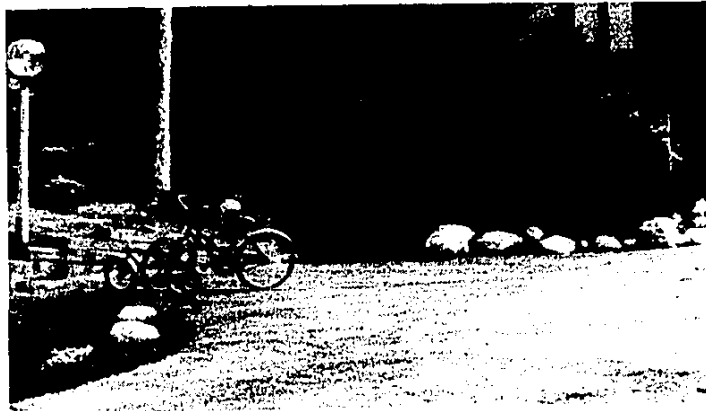
Hybrid cabbages are available for these purposes. These stream-lined producers have been tailored for firm, uniform heads and tight production schedules. Most home gardeners will not need three full garden packs of seed or cabbage for long season crop. In response to this, greenhouse growers now prepare an all-season mix available as started transplants. Try 40-day crop. Emerald cross for

midseason (67 days) compact heads, and Rio Verde, and 80-day late season variety for superior preserving.

CAREFUL GARDENING means a bumper crop of broccoli. Transplants are recommended for the best crop of broccoli. Transplants are recommended for the best crops. Expect a winter's supply of this Vitamin A and D rich vegetable if you plant both spring and fall harvest. Cut center heads one four to six inches in diameter for maximum production of spears from side shoots. Speedy broccoli crops are easy with short-season varieties, such as Green Comet. Only 47 days are necessary from transplant to production.

Days have also been shaved off cauliflower hybrids. Snow King is ready for the table 45 days after transplant, in contrast to many older, two month-plus varieties. Snow Crown wastes no time either. Fifty days from transplanting, you can begin to harvest. When 2 to 3 inch heads develop, remember to tie outer leaves over the top of the plant to keep heads white and flavor high. This simple but necessary process is called blanching.

All the coles require plenty of moisture for solid production. This moisture for solid production. The moisture requirement is essential in all areas of the country where an inch of rain does not fall per week.



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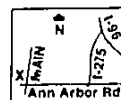


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