

## Grow Guide ~ April 2025

### Permaculture Rising Nursery

#### Broccoli (*B. oleracea*)

Broccoli is a cabbage relative grown for their succulent flower buds. It likes rich, moist soil and cool temperatures, harvest when buds are tightest, just before they open. Once it flowers, the flowers are also edible and attractive for pollinators. The large broccoli heads come from overwintering varieties (180 day) that are planted in mid-summer. Plant 80 day varieties in spring for an early summer harvest, or these early varieties can be planted in mid-summer for a fall harvest. Most broccoli varieties will offer smaller side-shoots after the main stalk and buds are harvested. Take care to provide ample calcium and nitrogen to support these young plants. Plant the short season varieties 18" apart. The long season varieties need 24" of space. Side dress with compost as your plants begin to produce their head.

**'Solstice'** – (60-80 days) This variety was selected from the OSU Grex for its unique head that forms green, rounded, deep heads of broccoli with tight curds that are held above the foliage to discourage slugs and rot.

**'Steve's Select'** - (60-80 days) this is a resilient variety of Broccoli that comes from plant breeder Steve Peters. After producing the central head, this variety of broccoli continues to produce side shoots.

**'Umpqua'** - Open Pollinated. (50-60 days) Excellent blue-green color. 6-8" heads, good side shoot production.

#### Cabbage (*B. oleracea*)

Cabbage does best in a long season of mild cool weather. Early varieties are about 80 days to maturity and good for spring planting. Longer season varieties produce larger heads and are better for overwintering. Provide 18" of space for the short season varieties. Give 24" of space for the longer season varieties. Take care to provide ample calcium and nitrogen to support these young plants. Side dress with compost when they begin to form their heads.

**'Chieftan Savoy'** - (90 days) A beautiful savoy type cabbage with green heads that are usually 4-6 lbs. This cabbage looks like it has its party dress on!

**'Columbia'** aka Nash's Summer Green – (67 days) This green cabbage produces heads quickly. They are about 3-5 lbs. and can be used in many different ways in the kitchen.

#### Cauliflower (*B. oleracea*)

Cauliflower is a cabbage relative grown for their succulent flower buds. It appreciates rich, moist soil and cool temperatures with regularity. Cauliflower is more delicate than Broccoli. Take care to provide ample calcium and nitrogen to support these young plants. Space 18" apart and side dress with compost when they are 8" tall. Harvest when buds are tightest, just before they open. The tiny buds are called the curd. Some varieties have been bred so the leaves naturally blanch the flower bud and prevent it from being visible to the sunlight.

**'Snowball'** – (55 days) This is the classic open pollinated spring cauliflower. It reliably produces heads that are 6"-7" with leaves that wrap over the curds for blanching.

#### Collards (*Brassica oleracea*)

Collards are a frost hardy leafy vegetable. Similar to Kale, they are a non-head forming cabbage. It loves the cool weather in spring and fall, but it can also do well in the warm

seasons. Plant seedlings 24" apart in a soil that has been amended with calcium, and nitrogen rich compost.

**'Champion'** - Open Pollinated. (60 - 78 days) This reliable variety of Collards offers vigorous dark blue-green leaves. It has high yields and resists bolting. It is a Vates type Collard.

## **Assorted Greens (*Brassica spp.*)**

This describes various types of edible greens, including the choi and mustards. They are all grown in the shoulder seasons of spring and fall. They tend to bolt in the heat of the summer. In the cool weather of the Maritime Northwest, they are easy to grow and prefer a well-drained soil with ample moisture. The best way to keep them from bolting in hot temperatures is to provide enough water and take care to avoid the western fun. Once it flowers, the flowers are also edible and attractive for pollinators.

**'China Choi'** - (*Brassica rapa*) This plant is similar to Bok Choi but it has a looser floret of leaves. The leaves are dark with crunchy white petioles (leaf stems).

**'Ethiopian Kale (Karate Cabbage)'** - (*Brassica carinata*) This plant is grown as a perennial vegetable in Ethiopia, but may not last as a perennial in our climate. Regardless, we can enjoy its quick growing shiny green leaves that are said to taste like butter.

**'Mustard 'Frieded Dragon Magma Mix''** - (*Brassica juncea*) This is a beautiful blend of spicy mustards that was selected by Frank Morton of Wild Garden Seed. Use the young leaves in salad or use the larger leaves in a braising mix.

**'Prize Choi'** - (*Brassica rapa*) Succulent leaves and crunchy white stems with an upright habit. This choi produces beautiful heads relatively quickly.

## **Kale (*Brassica oleracea*)**

Kale is a frost hardy leafy vegetable that is easy to grow. It enjoys the cool weather of the shoulder seasons and may suffer if exposed to hot sunlight in the summer. Kale can be direct sown in the garden, but I prefer to plant transplants to avoid slug damage. Provide 12" of space for each plant. Kale can be planted again in mid-summer for a fall, winter, and spring harvest. Kale is the hardiest of the cabbage relatives. It sweetens up in cold weather and is best started in the mid-summer for fall, winter, and spring harvest. Kale likes rich, well-drained soil with lots of organic matter

**'Dazzling Blue Lacinato'** - (65 days) This is a Lacinato Kale variety from Adaptive Seeds that has been selected for its vibrant colors and taste. It is more vigorous than any of the other Lacinato types. It was bred by Hank Keogh of Avoca Seed in organic conditions.

**'Old Growth Palm'** - This variety comes to use from Wild Garden Seed and Josh Volk. It is usually planted in the spring, left standing for harvest throughout the summer. By autumn, the plants need a side-dressing of compost to help them continue to produce leaves throughout the fall and autumn. This is a long season, perennial, reliable Kale variety.

**'Post Apocalyptic'** - I hope this Kale is as "bomb-proof" as it sounds. I got this seed from David from Grow Portland at a seed exchange. It sounds like a reliable variety to me.

## **Lettuce (*Lactuca sativa*)**

Direct sow by planting seeds twice as deep as they are large. Lettuce can also be grown from transplant. Thin to 10" of space for each plant. Lettuce prefers full sun in the shoulder seasons. Summer plantings will benefit from shade from the hottest sun (west) and regular watering to keep the lettuce tender. You can harvest lettuce by picking the outer leaves as they grow or you can cut the head and it will resprout from the roots. If you want to pull out the full head of lettuce, you will not get future harvests from that plant. Lettuce does not cross-pollinate so you can save seed from multiple varieties in your garden.