

# Grow Guide ~ April 2026

## 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.

**'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 best 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 ways in the kitchen.

**'Red Express'** – (55-65 days). This is a compact open pollinated beautiful burgundy red cabbage. Expect cabbages on the smaller side when they are ready to harvest, generally about 2-3 lbs. This variety is best to grow in the spring and fall.

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

Cauliflower is a cabbage relative grown for their succulent prolonged flower buds, known as the curd. 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.

### **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 sun. Once it flowers, the flowers are also edible and attractive for pollinators.

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

**Mustard 'Mild Mix'** – (*Brassica juncea*) This is a beautiful blend of mild mustards that were selected by Frank Morton of Wild Garden Seed. These leaves are great in salads or as a braising mix.

**Mustard 'Pungent Mix'** – (*Brassica juncea*) This is a beautiful blend of spicy mustards that were 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 choy produces beautiful heads relatively quickly.

**'Tat Soi'** – (*Brassica rapa*) This is a quickly growing type of mustard that can be eaten raw or cooked. It has cute, rounded leaves. Harvest the leaves and let the plant continue to grow.

### **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 have 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.

**'Lacinato'** – (55-60 days). Also known as 'Nero di Toscana' or 'Dinosaur' Kale, this variety is a favorite. Many find it to have the best flavor of all the varieties of Kale. It has deep green leaves which suggest a high nutritional value. The wrinkle in the leaves makes this variety ornamental as well as tasty. It is easily incorporated into the edible landscape.

**'Red Ursa'** – (70 days). This is our choice for a Russian Red style Kale. This award-winning variety was bred by Frank Morton from Wild Garden Seeds and combines the color of Russian Red with the curls from Siberian Kale

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

Lettuce can be direct sown or also be grown from transplant. Thin to 10" of space for each plant. Lettuce prefers full sun in the shoulder seasons of spring and autumn. 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 rarely cross-pollinates so you can save seed from multiple varieties in your garden.