

## Broccoflower



Broccoflower originated with a green cauliflower grown in Italy and has heads ranging from lime-green to yellow-green and a taste more like cauliflower (but, perhaps, a little sweeter) than broccoli. Most are smaller, lighter in weight and less crisp and dense than white cauliflower.

The trademarked name *broccoflower* is owned by Tanimura and Antle, a California company.

In 2005, Yuma County produced about 250 acres of broccoflower, valued at over \$1.5 million.

Choose a firm broccoflower with compact florets and with leaves crisp and green.

Store unwashed tightly wrapped broccoflower in the refrigerator for up to 5 days.

Wash thoroughly just before using. Broccoflower can be cooked in any way suitable for cauliflower. This vegetable is high in vitamin C, folic acid and copper.

Now produced and widely available in the United States, cauliflower belongs to the same family of cruciferous vegetables as cabbage, broccoli, Brussels sprouts, kale, and bok choy.

Broccoflower is a cool season crop that thrives in our Yuma winters.

A cross between broccoli and cauliflower that was first marketed in 1989, broccoflower looks like a chartreuse green cauliflower. Eaten raw, the taste is much like cauliflower. When cooked, the flavor is milder and sweeter — more like broccoli.

Broccoflower can be described as a cauliflower with bright, light-green curds. The flavor is sweeter than white cauliflower and has some of broccoli's chlorophyll zing. The size of the head doesn't affect the quality, but avoid any specimens with brown spots.

This vegetable is more cauliflower than broccoli and is a genetic cross that combines the physical features of cauliflower with the chlorophyll of broccoli. It has a lime-green head and a sweeter taste than conventional cauliflower.

Cauliflower is a member of the cabbage group in the mustard family of plants.

Broccoflower may be used raw or cooked. Add raw broccoflower florets to vegetable salads or serve with a dip on appetizer platters. Steam broccoflower and serve alone or with a savory cheese sauce for a delicious side dish.

Broccoflower belongs to the *Brassica* genus, a group within the *Cruciferae* or *Brassicaceae* (mustard) family, comprising about 30 species of annual, biennial and occasionally perennial herbs with yellow or white flowers.

Cauliflower readily hybridizes with related cabbage varieties to form interesting novelties, such as the Broccoflower.

Cultural practices and growing seasons are similar for both cauliflower and broccoflower.

Broccoflower is a relatively new vegetable that is a cross between cauliflower and broccoli. It has more vitamin C than oranges and more vitamin A than either broccoli or cauliflower. Broccoflower is generally considered to have a milder and slightly sweeter flavor its close cabbage-family relative.

If left growing, the plant will actually turn white like the commonly known cauliflower.

Today, along with white cauliflower in markets, you'll find broccoflower and, occasionally, a purple cauliflower.

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