



Chinese Broccoli (Gai Lan)

Chinese broccoli grows best in fertile, well-drained soil, rich in organic matter. Do not space plants too far apart or the stems may thicken and toughen.

Keep well watered in dry weather.

The plants will start to flower when there are about ten leaves present. If you cut the centre stem as the first harvest, this will allow side shoots to develop and increase harvest potential.

Harvest the flower heads complete with a small amount of stem, just as the flowers begin to open. Leave the other growth shoots for future harvesting.

Use the broccoli steamed, braised, boiled or in stir fries and is delicious with oyster sauce. The flower stalk, unopened flower buds and leaves can all be used, whole or chopped.

ERINDALE COMMUNITY GARDEN