

Spring Raab



Brassica rapa var. ruvo (42 or less days from transplant)

- **Use:** Also known by the name Broccoli 'Spring Rapini'. In Italy it is also known as Broccoli 'Asparago' Spring Raab is a sweet baby broccoli! Every part of the erect vigorous plant can be used for cooking, as it has a delicate delicious flavor. The Spring Raab adds texture and fine flavor to cooking. This baby broccoli is high in vitamin C, A, Calcium, Iron making it the perfect healthy choice!
- **Exposure/Soil:** Plant in full sun. Prefers moist, but not wet soils. pH of 6-6.5 preferred.
- **Growth:** Grows 30" tall. Space plants 12-14 inches apart in the row, and space rows three feet apart.
- **Hardiness:** A cool-weather crop, it can be grown in spring and fall everywhere, and even in winter in mild-weather areas. We recommend using a frost cloth to protect from hard freezes below 32 degrees.
- **Foliage:** The flavor is similar to broccoli but with an additional spicier mustard note, it is also likened to asparagus by some.
- **Flower:** The most versatile broccoli raab variety for growing throughout the season — especially for spring and summer harvest, and overwintering in mild climates. Large plants mature over a 1-2 week period. Large, tender, abundant leaves borne on thin stems with delicate buds. A delicious and traditional Italian way of preparing is by harvesting the entire stem and frying it in olive oil with black pepper and minced garlic. Also makes a healthy addition to raw salads. Picking just the tips will create a bushier plant and allow you to harvest multiple times.



Green shoots have a captivating flavor. Cut 6" pieces when they are the size of a quarter. You'll love it lightly sauteed with garlic and olive oil, fresh in salads and boiled soups. An old Italian heirloom favourite, this variety 'Spring Raab' is actually a type of turnip grown for its tender leaves, stems and florets and not a true broccoli at all.

We recycle empty pots and trays!

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