**Mustard or Brassica Family (Cole crops, Crucifers) Brassicaceae**

Includes: Arugula, Broccoli, Brussels Sprout, Cabbage, Cauliflower, Collards, Cress, Horseradish, Kale, Kohlrabi, Mustard, Radish, Rutabaga, Turnip

Most members of the Brassica family are easily grown in the Maritime NW. However, they may develop a few pest problems that can be easily prevented or treated. Using row covers is a great preventative method for most of the pests. See these publications for more information. Variety recommendations following come from Growing Groceries mentors and Master Gardeners throughout Snohomish County.

Organic Pest Control in the Vegetable Garden, Community Horticulture Fact Sheet #13

How to install a Row Cover, WSU Extension Fact Sheet FS089E

Growing Asian Vegetables, Community Horticulture Fact Sheet #37

**Broccoli**

**Large Headed Varieties:** There are many varieties that grow large (5-7”) central heads, then continue producing smaller side shoots for the rest of the season. If you plant more than one variety or a blend you will be able to extend your harvest throughout the season.

Here are a few of our favorites:

- **Umpqua (OP)** 60 days

- **Thompson (OP)** 70 days, with a long harvest period.

- **Waltham (OP)** 74 days

- **Green Magic F1** 80 days

- **Emerald Jewel F1 100 days** This variety shows some intermediate resistance to Clubroot! Holds well in the heat, plant in the beginning of June for a mid September harvest.

We also recommend you try a **Winter Purple sprouting variety** (there are several). Seed in mid-June, transplant in mid-July, and you will have sprouts the whole month of February and March.

**Brokali** (several MGs prefer these)

A cross between broccoli and kale, the main head can be harvested as a mini head, followed by many tender shoots. Stems are long enough to bunch and beads are tight. Needs more growing space than broccoli.

- **Atlantis F1** Spring/Summer sowing, 60 days from mid-May transplant

- **Apollo F1** – Spring/Summer/Fall sowing, 65 days from mid-May transplant
Cabbage

Green

**Golden Acre/Derby Day (OP)** early, medium green, 3-5 lb summer cabbage.

**Charmant (F1)** early, 3-4 lb compact plants can spaced closer in the garden.

**Dynamo (OP)** compact plant with 2-3lb blue-green heads, uniform in size and maturity.

**Danish Ball Head (OP)** large, late cabbage that holds well in the garden into winter.

**Nash's Summer Green 70 days OP** A market-worthy selection from Nash Huber out in Sequim WA. It is quick to mature, split resistant, round green cabbage showing good uniformity of medium size, dense heads.

**Superstar F1 90 days**: 3 lbs. consistently good quality and field holding ability all season long: spring, summer, and even into early winter

Red

**Ruby Ball**

**Ruby Perfection F1** 78-90 days 3-5lb balls

Savoy types

**Savoy Express (F1) 90 days** This is the earliest savoy (crinkled or waffle-like) cabbage with a sweet, non-bitter flavor perfect for slaw or other cabbage salads. 'Savoy Express' heads mature in about 55 days from transplanting. The compact plant can be grown at close spacing about a foot apart in the garden. The small heads, about 1-1½ pounds, are ideal for meals without too many leftovers.

**Miletta F1 95 days** 3-3.5 lbs. Comment from Osborne Seed Co “This blue-green true Savoy was beautiful in the spring, summer and fall slots, reliably developing a compact plant that produces uniform, dense heads. The most durable of our summer Savoys. Miletta had the least bug damage in each trial.”

Chinese or Napa cabbage

These are head-forming, mild cabbages used in oriental cooking. 'Michilli', and 'Wong Bok' don't seem to work well here. Generally, fall crops are the most successful because they are less likely to bolt (go to seed prematurely).

**Spring A-1** is a variety recommended for spring planting

**China King** is good for fall (sow mid-July to mid-August).

**China Gold F1 65 days** “China Gold continues to stand out in Pacific Northwest Napa production. We like the heavy dark green heads and the bright gold interior. Very uniform with excellent Clubroot and bolting tolerance” Osborne Seed Co

**Minuet (F1)** early, small (2-3lb), tight heads with excellent flavor and texture; uniform maturity and slow to bolt.
China Express (F1) barrel-shaped, large (4-5 lb) heads. Matures mid-season but holds well.

**Cauliflower**

Varieties mature at different rates, 50 -90 days, to extend harvest plant more than one variety. Overwintering: very weather dependent, choose varieties bred for overwintering.

- **Snowball, Snow Crown** (50-60 days)
- **Synergy F1 75 days** Medium high dome Bright white
- **Bishop F1 75-80 days** Bishop produces bright white heads, consistently dense curds, excellent weight, and an exceptional “Hershey kiss” style internal wrap. Pic – Bishop Wrap.

**Kohlrabi**

MG Favorites: White Vienna, Purple Vienna, Grand Duke, Superschmelz

- **Eder F1 62 days** Flat to round Light green

Eder is uniform in shape, size, and maturity. The upright foliage lends itself to neat bunches, easy close cultivation, and allows for the possibility of less disease in the field. Bulbs are very crisp, juicy, and have a mildly sweet flavor, even at a larger size.

**Kale**

- **Winterbor, Redbor, Red Russian, Dwarf Green Curled, Dwarf Scotch Curly**

Rainbow Lacinato (cross of Redbor and Lacinato) has softer leaves than the often tough Lacinato, has an engaging color.

- **Black Magic OP 60 days** 30-34” Dark green Lacinato type kale

- **Scarlet (OP) 80 days** 36-40” Red/purple. Very uniform and vigorous, with vivid, show-stopping dark red color.