Meet the Crucifers

**Arugula** - Also known as Rocket or Roquette. Distinctly peppery salad green, or steamed/boiled/sauteed like spinach. Flowers also edible. Plant early spring for spring to early summer harvest, or late summer to fall for fall, winter, and overwinter harvest.

**Bok Choi** - Also Pac Choi, Bok Choy, and similar variations. Classic stir fry/sautee ingredient, but can also be steamed or boiled. Plant spring (right around last frost) or late summer to fall for fall harvest.

**Broccoli** - Florets (flower buds) are eaten raw, or cooked in a variety of ways. Plant spring for late spring to summer harvest, or summer to fall for fall to winter harvest (or overwintered for early spring harvest).

**Brussels Sprouts** - Side sprouts are sauteed, boiled, roasted, or braised. Plant mid to late spring for harvest in fall to winter.

**Cabbage** - Heads are eaten raw, cooked, or pickled (kimchee and sauerkraut). Plant early spring to early summer for summer to fall harvests, or mid to late summer for winter and overwintering types.

**Canola** - Grown agriculturally for forage, cover crop, and seed oil. Not typically home gardened.

**Cauliflower** - Florets are eaten raw, or cooked in a variety of ways. Plant spring for late spring to summer harvest, or late summer for fall to winter or overwintering harvest.

**Collards** - Leaves are boiled, sauteed, or braised. Plant in mid to late spring for summer harvest, or early to mid summer for fall, winter, and overwinter harvest.

**Cress** - Garden cress. Leaves grown as a peppery salad green. Very fast growing and maturing - can be ready in as fast as 2 weeks. Plant from late spring to early fall, in small batches every 2 weeks.

**Horseradish** - Ground root is used as a spicy condiment. Plant from crowns in the early spring. Can become invasive.

**Kale** - Very healthy leaf crop, eaten raw as salad green, or cooked in a wide variety of ways. Plant in early to mid spring for spring, summer, and fall harvests; or mid summer to early fall for winter and overwintering harvest.
**Kohlrabi** - The bulb-like stem is eaten raw, or roasted, steamed, or boiled. Leaves are also edible. Plant in mid spring for summer harvest, or summer for fall to winter harvest.

**Mustard** - Several variations, mostly grown for greens for salads or stir fry/sautees. Plant early spring for spring to summer harvest, or plant late summer through fall for fall and winter harvests.

**Raab** - Also called rapini. Often treated as a type of broccoli, this is actually more closely related to the canola and mustard branch of the family. Whole shoots including leaf and flower bud are eaten raw or cooked in a variety of ways. Plant spring through summer for summer to fall harvest.

**Radish** - Mostly grown for the root, eaten raw or sauteed/stir fried, but young greens are also tasty. Very fast maturing and adaptable, plant small quantities every 10 to 14 days from March to October.

**Rutabaga** - Roots are eaten raw, or roasted or boiled like potatoes. Plant in summer for harvest late fall to winter.

**Turnip** - Roots are eaten raw or roasted or boiled. Greens are also widely eaten sauteed or boiled. Plant in spring for summer harvest, or late summer to early fall for fall harvest.

**Wasabi** - Horseradish's spicier asian cousin, very difficult to grow successfully here.

**Watercress** - Perennial plant that naturalizes in shallow moving water, can be grown as an annual here. Can be grown indoors, or outside in a pot that is kept saturated. Transplant in stream, or seed in container in spring to plant out late spring to early summer.