



# *Together Gardens*

Welcome, to the Together Gardens - a Rowan Salisbury Schools Home Gardening Course! This course is supported by Horizons Unlimited and Rowan-Salisbury Career and Technical Education. This is designed to serve as a passion project to get you OUTSIDE and GARDENING!

*Lets Grow Together!*



# Broccoli

Plant broccoli in the early spring and fall. Broccoli can be grown indoors using containers, or outdoors in a garden.

Plant broccoli roughly 16 to 18 inches apart. Choose a planting site with rich fertile soil, that has easy access to sunlight, as well as a water source. Keep soil moist by giving the plant 1 to 1.5 inches of water per week. Cover the bed of the broccoli with a thick layer of mulch to ensure preservation of moisture in the soil. Mulch also prevents weeds from growing in the beds of your garden. Keep in mind that temperature stability is key when growing broccoli. The ideal temperature for growing broccoli is between 65 to 80 degrees fahrenheit. Harvest your broccoli when the center of the plant is full of tiny, fully packed buds.

## Broccoli Salad:

### Ingredients:

#### \*Salad\*

8 cups broccoli florets, chopped very small

½ cup red onion, finely diced

½ cup raisins

⅓ cup salted sunflower seeds, hulled

½ lb bacon, cooked and then crumbled into small pieces

#### \*Dressing\*

1 cup mayo

¼-⅓ cup white sugar

1-2 tablespoons white vinegar

Directions: Place all of the salad ingredients into a medium sized bowl. Prepare the dressing by mixing the mayo, sugar, and vinegar together until smooth. Stir into the salad ingredients. Cover the bowl and let salad chill (most often left to chill overnight).

Serve cold.

## Broccoli Cheese Casserole:

### Ingredients:

1 ½ lbs broccoli florets

8 oz cream cheese, room temperature, cut into cubes

¼ cup sour cream

1 cup shredded cheddar cheese

¼ grated parmesan cheese

2 cloves garlic, minced

1 teaspoon Italian seasoning

Salt, to taste

¼ teaspoon fresh ground pepper, or to taste

\*Optional: Crushed red pepper flakes, for garnish

Directions: Preheat the oven to 350°F. Grease a 2.5 quart to 3 quart baking dish with butter and set aside. In a large skillet, bring half inch of salted water to a boil.

Add the broccoli; cover and cook over high heat until crisp/tender, about 3-4 minutes. Drain and transfer broccoli to the prepared baking dish; set aside. In a mixing bowl combine cream cheese, sour cream, cheddar cheese, parmesan cheese, garlic, Italian seasoning, salt, and pepper; mix until incorporated. Add cream cheese mixture to the broccoli and stir until thoroughly combined. Bake for 17-20 minutes, or until bubbly and lightly brown on top. Remove from the oven and let stand 5 minutes before serving. If desired, garnish with crushed red pepper flakes.

## Companion Crop:

Cauliflower is a good companion crop for broccoli.

