

Chinese Broccoli

**Common Culinary Name:**

Chinese Broccoli
Chinese Kale
Flowering Kale
Gai lan

Botanical Family & Name:

Brassica oleracea

Vegetative Description:

This crop resembles our more familiar broccoli with a longer stem and very small head. Unlike many other Asian greens in the Brassica family, this crop has a thick stem like cole crops that originated in the Mediterranean, such as broccoli, cauliflower, and Brussels sprouts

Culinary Uses:

Usually cooked in sautés, and soups. It can also be steamed.

Native Habitat & Ecology:

Direct seed and thin to 4 to 15 inches apart in the row and nine inches to two feet between rows, depending on the size of plant desired. The stem is harvested just as the flowers emerge.

Tasting Notes:

Mild taste, and has a similar taste to broccoli.

General Packaging:

Priced by pound. Sold to stores in bulk by the pound, and delivered in boxes.

Price sold in stores:

Priced per pound. Some may sell it in bags that have already been weighed and priced. Others are picked and weighed by certain amount per pound.

Languages:

Vietnamese: Cai rô

Mandarin: Gai lan, Jie lan

Cantonese: kailan