
Stem Broccoli **SIBSEY F1**

*Production guidelines
for sweet stem
bellaverde® broccoli*



The origin

Bellaverde® is Italian for “beautiful green.” Broccoli originates from the Calabria region of Italy – which is why it is sometimes called calabrese – so it was appropriate to give it an Italian name.

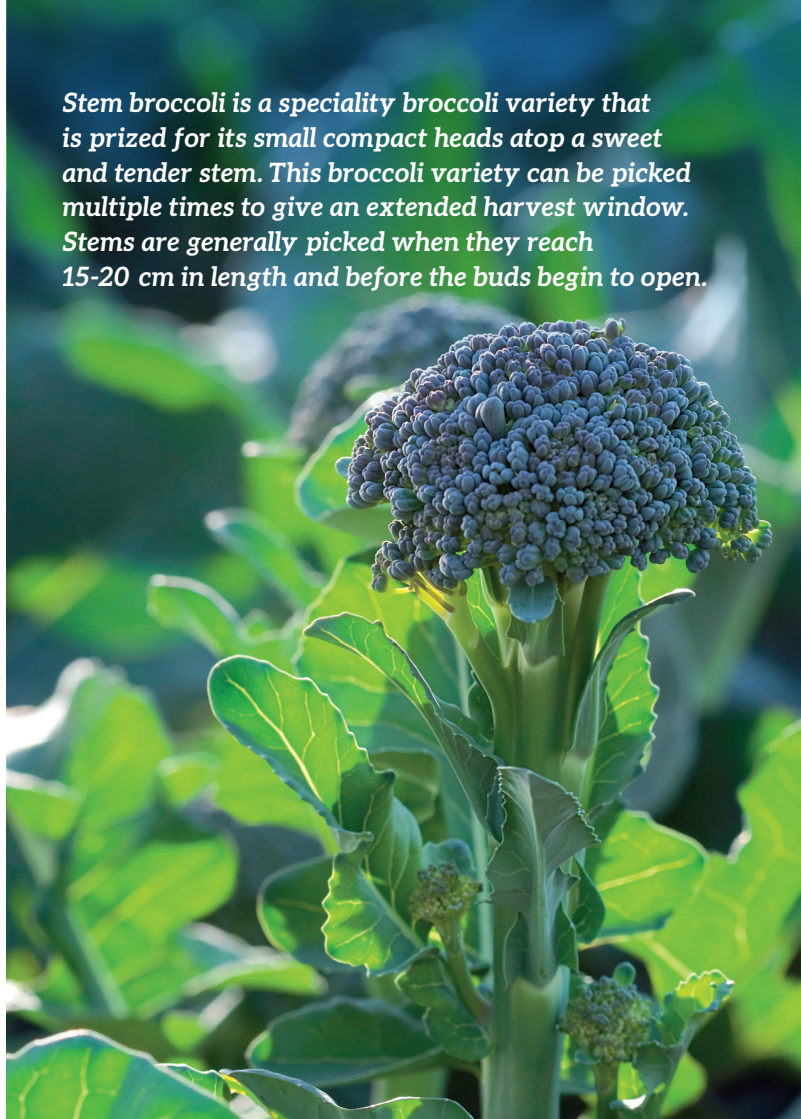
The flavour

The secret of bellaverde's® sweetness is in the sunlight! When the main head of broccoli has been harvested, fresh new shoots develop, which after 10 days are ready to be picked. The shoots grow above the plant so that they can catch the sunlight. The sunlight and the quick growth give the shoots their attractive green colour and distinctive sweet taste and texture.

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Stem broccoli is a speciality broccoli variety that is prized for its small compact heads atop a sweet and tender stem. This broccoli variety can be picked multiple times to give an extended harvest window. Stems are generally picked when they reach 15-20 cm in length and before the buds begin to open.



Growing recommendations



Steam broccoli varieties were developed by our European broccoli breeders and have since been extensively tested all across the globe. The recommendations below are based on test data from the UK & Spain.

Planting

- transplant seedlings after approximately 6-7 weeks, *in Spain: 5 weeks* in the greenhouse
- plant at approximately 60 cm, *in Spain: 70-100 cm* spacing between rows
- space seedlings at 38-46 cm, *in Spain: 25-30 cm* spacing within the row
- to ensure continuity of harvest, transplanting should occur at 7-10 day intervals at a density of 35,000 to 45,000 plants/hectare, *in Spain/Nordic: 40,000 to 48,000 plants/hectare*

Head removal ('pinching')

- harvest will be maximized if the head is removed ('pinched') from the main stem
- optimal time for head removal is when the majority of the crop has a main head at approximately 2-3 cm ('thumbnail size')
- head removal is accomplished by snapping the stem immediately below the head
- after head removal a top dressing of a calcium based nitrogen fertiliser can encourage shoot development

Harvest

- first harvest generally occurs 7-10 days, *in Spain: 10-15 days* after 'pinching'
- harvest stems when they reach 15-20 cm in length and 2-4 cm in diameter
- following harvest, a few leaves may need to be removed. In addition, stems may be trimmed to a uniform size post harvest for best appearance
- stems may be harvested multiple times every 3-5 days, *in Spain: 5-10 days* (depending on growing conditions)
- harvest yield is greatest with earlier harvests
- plants may be harvested up to 4-6 times, however later harvests are low yielding and quality tapers off as evidenced by increasingly woody stems, less compact buds, and open flower buds

Growing Calendar UK



Growing Calendar SPAIN



■ Sowing Period ■ Transplanting ■ Harvesting

Packaging

Final product appearance requires removal of leaf material.
A 200 grams punnet of bellaverde® requires approximately 12-14 shoots based upon specifications below:

HEAD SIZE - between 20 and 40 mm

STALK LENGTH: approximately 15 cm maximum

Packaged product below using UK specifications for bellaverde®



Sticky Pork and bellaverde® Stir Fry



INGREDIENTS

- 500 g pork tenderloin
- 2 tbsp light soft brown sugar
- 2 tbsp Chinese cooking wine or dry sherry
- 2.5 cm piece root ginger, peeled and grated
- 1/2 tsp Chinese five spice
- 2 tbsp hoisin sauce
- 2 tbsp vegetable oil
- 6 tbsp vegetable stock or water
- 1 clove garlic, sliced
- 1 orange pepper, deseeded and roughly chopped
- 200 g bellaverde® broccoli cut into 5 cm pieces
- 6 spring onion, trimmed and cut into 5 cm lengths
- 100 g mangetout
- Season with salt and pepper to taste

METHOD

Diagonally slice the pork into 2 cm cubes. Mix the sugar, wine, ginger, spice and hoisin sauce together in a bowl, add the pork and stir to coat. Leave to marinate for at least 10 mins.

Heat half the oil, add the pork and the marinade and stir fry over a high heat for about 8 mins or until the pork is brown, and sticky. Add 4 tbsp of the stock and scrape up the sediment in the pan. Transfer to a clean bowl and keep warm.

Wipe out the wok, add the remaining oil and add the garlic, pepper, bellaverde® and remaining stock, stir fry over a high heat for 4 mins, add the mangetout, spring onions and stir fry for a further 3 mins. Remove from the heat.

Divide the vegetables between four bowls, then top with the pork. Serve with chopsticks.

PER SERVING: 449 calories, 28.3 g protein, 15.6 g carbohydrate, 29.9 g fat, 9.8 g saturated fat, 3.0 g fibre, 0.79 g salt.
Counts as 1 of your 5-a-day.

Difficulty: Intermediate • Prep: 10 mins + marinating time • Cook: 15 mins • Servings: 4



For more information and delicious bellaverde® recipes please visit <http://www.bellaverde.co.uk/recipes/>. Enjoy!

