

Recipe: Broccoli and Corn Bake

Serving Size: 1/6 of recipe; Yield: 6 servings; Calories per Serving: 200

Ingredients:

- 1 can (15 ounce) cream-style corn
- 1 10 ounces broccoli – chopped and steamed
- 1 beaten egg
- 1/2 cup crushed cracker crumbs
- 1/4 cup margarine

Topping:

- 6 crushed saltine crackers
- 1 Tablespoon melted margarine

Instructions:

1. Mix corn, broccoli, egg, cracker crumbs and margarine together in greased 1 1/2 quart casserole.
2. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
3. Bake at 350 degrees for 40 minutes.

Source: Kentucky Families on the Move, University of Kentucky Cooperative Extension

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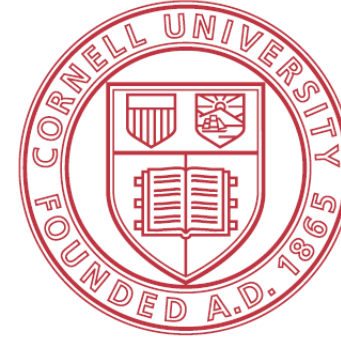
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Vegetable Growing Guide: The Cabbage Family

Cornell Cooperative Extension Clinton and Essex Counties

Cabbage Family Facts



Recommended Varieties:

Cabbage

- Jersey Wakefield
- Pacifica
- Lennox
- Savoy Ace

- Huron

Broccoli

- Baccus
- Goliath
- Liberty

Cauliflower

- Alert
- Amazing
- Cheddar
- Self Blanche
- Violet Queen

Members of the cabbage family, genus brassica, include the many varieties of cabbage, broccoli, cauliflower, Brussels sprouts, kale, and kohlrabi. They're also known as Cole crops (from Middle English *col* and Latin *caulis*) or Brassicas. To make it simpler we have included only the main brassicas: cabbage (green, red and savoy), cauliflower, broccoli and Brussels sprouts.

They grow well in our region because they're hardy and can survive frost. Some, like Brussels sprouts, actually taste better after a frost. From a nutritional viewpoint, they're considered "super vegetables" loaded with vitamins, minerals antioxidants, and anticancer agents. They are grown mainly from transplants, but some of them do well from seeds. In our area, you can grow two crops, the first from seedlings and the second from seeds.

How to Plant

Most of the cole crops are grown from transplants, which are available in local greenhouses or can be started at home. Cabbages and broccoli are good from seedlings, but can also be grown from seeds for transplanting to the fall garden. In addition to the large traditional cabbages, there are new mini cabbage varieties. These small heads need less garden space, mature quickly, and are just enough for dinner for small family. Set the transplants 12 to 15 inches apart in rows three feet apart. You can also plant cole crops in a bed four feet wide. This width enables you to reach comfortably into the middle of the bed. Planting cole crops in one bed saves space and also helps with maintenance, since they need similar growing conditions.

All cole crops are heavy feeders: they need ample nitrogen. Place a trowel full of rotted manure in each planting hole at transplanting time. Side dress with composted manure in the middle of the season, or use compost tea for spot watering.

Pests and Diseases

The main cole pest is the cabbage caterpillar, also known as cabbage worm or cabbage looper. It is the larva of the cabbage white butterfly. This pest can be controlled with bacillus turigiensis spray. It is a bacteria that attacks the cabbage worms and is nontoxic to plants and humans. It comes under several trade names: BT, Thuricide, Dipel, Spray, according to the directions on the bottle, as soon as you see the white butterflies or the first green worms. The caterpillars must ingest the bacteria. Usually one spray is enough. The cabbage worm affects all cole crops, but red cabbage is minimally affected.

Another major problem with cole crops is the root maggot. The flies lay their eggs in May next to the stems of young seedlings. The larvae hatches and travels down to the roots. If your nice, healthy seedlings start wilting, and look like they need water, you will find that the roots are destroyed. A good way of dealing with this problem is to cover the entire cabbage bed immediately after planting with nylon netting or non-spun polyester cover (trade name Reemay). The plants grow under cover for about a month. In late June, the egg laying time for the root maggot fly is over.



Maintenance and Care

It is important to keep the bed largely weed free. When weeding be careful not to disturb the roots. All cole crops need a steady supply of water, about 1" a week, soaking the soil to the depth of 6".

Cauliflowers need blanching; when the heads are visible they should be covered to keep from turning greenish yellow or brown and losing their taste. This can be accomplished by tying the outer cauliflower leaves over the developing head. It is best to buy self-blanching varieties, whose leaves tend to cover the head with little fussing. Some gardeners put brown paper bags over the heads. Brussels sprouts should have their bottom leaves removed. Sometime at the end of August, cut off the tip of each Brussels sprout plant, to encourage the plant to put all of its vigor into developing the sprouts that have already begun to grow.



Harvest and Storage

Most cole crops (except cauliflower) can stay in the garden until Thanksgiving. They keep well in a cool place and will survive a couple weeks in the refrigerator. Whole heads of cabbage store well for 3 - 4 months in a root cellar, where they stay cool and moist. This is how they were kept for winter storage before the advent of refrigeration.

Cabbage can also be made into sauerkraut for winter storage. Homemade kraut is easy to make and supplies vitamin C. On seafaring ships, barrels of sauerkraut saved the crew from scurvy.

Cauliflower, broccoli and Brussels sprouts need to be frozen. They should be blanched by dunking in boiling water, cooking for 3 minutes and then placing immediately in ice water to stop the cooking. Pack in ziplock freezer bags and freeze.

Sources:

Information for the text was taken from the 2003 Cornell Guide to Growing Fruit at Home which can be found at www.gardening.cornell.edu/fruit/homefruit.html

Recipe was provided by Eat Smart New York. More information on this program can be obtained by calling your county's Cornell Cooperative Extension Office.