

2017 is the Year of the Brassica!*Sandy Welches, MGV, 2005***GARDEN**
Inspirations

The Brassica family of plants is one of the most prolific genera of vegetables in the world, enjoyed by countless generations in many forms and playing a starring role in many culturally significant recipes. Brassica vegetables, including bok choy, cabbage, cauliflower, collards, broccoli, Brussels sprouts, kale, kohlrabi, rutabagas and turnips are popular around the world today and have been a major food source for as long as anyone can remember.

The Chinese philosopher, Confucius, before dying in 479 B.C., wrote over 300 traditional songs describing life in the Chou dynasty. Many of the songs were agriculturally themed and named over 40 foods of the time, including cabbage! Perhaps current songwriters should devote more lyrics to healthy eating and the joys of agriculture.

Also known as cole crops, derived from the Latin word *caulis*, denoting the stem or stalk of a plant, Brassicas provide plenty of nutrition (vitamin C and soluble fiber) and healthy doses of glucosinolates, a compound that reduces the risk of various cancers of the digestive tract. In addition, red Brassicas provide mega-doses of Anthocyanin (a powerful antioxidant) at bargain prices. Some glucosinolates have a bitter flavor that makes them unpalatable to some people. Modern breeding has replaced some of the bitter glucosinolates with neutral-flavored ones so that more palates can enjoy Brassicas.

Photos: www.nationalgardenbureau.org



Kohlrabi Konan F1



Radish Fiesta Blend

