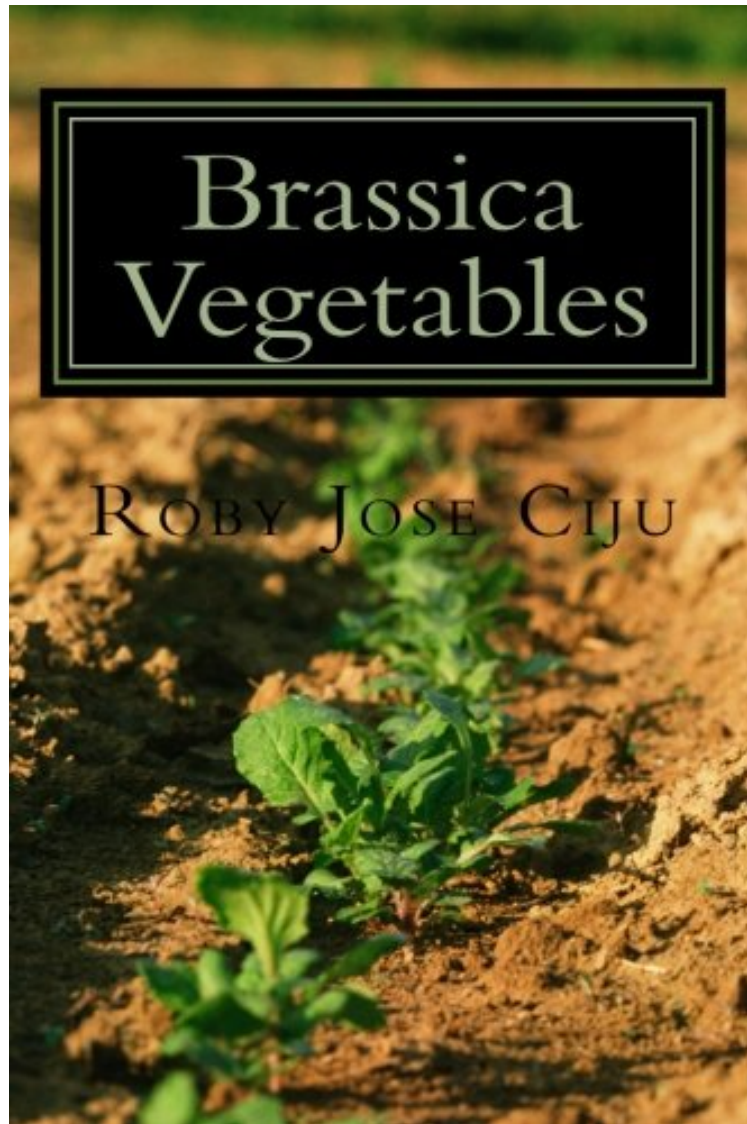


(Free read ebook) Brassica Vegetables: Growing Practices and Nutritional Information

Brassica Vegetables: Growing Practices and Nutritional Information

Roby Jose Ciju

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Brassica vegetables are also known as cole crops, crucifers, and cruciferous vegetables. They belong to the genus Brassica and family Brassicaceae, the mustard family. Popular brassica vegetables include cabbage, chinese cabbage, cauliflower, broccoli, brussels sprouts, kohlrabi (knolkhol), collard greens, and kale. Brassica vegetables are biennial in their growing habit but for commercial production they are grown as annuals. Brassica vegetables believed to be originated in the region comprising of Western Europe, the Mediterranean region and the temperate regions of Asia.