

Cauliflower

Brassica oleracea var. *botrytis* · *Brassica* family

DIFFICULTY Moderate–hard

TYPE Annual, seedling

MATURITY 80–100 days



SUN
Full sun



WATER
Consistent, deep



SOIL PH
6.0–7.0



SPACING
50–60cm



DEPTH
as per seedling

01 Blanching keeps it white

For pure white heads, tie the outer leaves over the developing curd once it's egg-sized to block sunlight — this stops it yellowing or discolouring.



02 Planting

METHOD	Transplant seedlings; firm well.
SOIL	Rich, well-drained, consistently fertile.
TIMING	Plant in cooler months; the most temperature-sensitive brassica.

04 Problems

- **Cabbage moth** — net or hand-pick.
- **Small, premature heads (buttoning)** — from stress or checked growth; keep conditions steady.
- **Clubroot** — rotate beds, keep pH up.
- **Boron deficiency** — hollow stems; feed with compost or seaweed tonic.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Onion Celery Beans	Tomato Strawberry	Rotate brassicas on a 3–4 year cycle.

03 Growing care

- Water deeply and consistently — stress causes small, poor-quality heads.
- Feed generously throughout growth.
- Tie outer leaves over the curd once it appears, to blanch it.
- Net against cabbage moth from planting.

05 Harvest & storage

SIGNS	Curd is tight, firm, and full-sized, before it starts to separate.
METHOD	Cut at the base with a sharp knife.
CURING	None needed.
STORAGE	Fridge crisper, about a week.