



Broccoli and cauliflower are cool-weather vegetable that can easily be grown in the garden in early spring or fall. It takes 55-80 days to before you can harvest the broccoli and cauliflower you planted. These vegetables are packed with vitamins and minerals, are low in calories and are delicious eat raw or cooked. People eat approximately 6 pounds of broccoli and 3 pounds of cauliflower each year.