

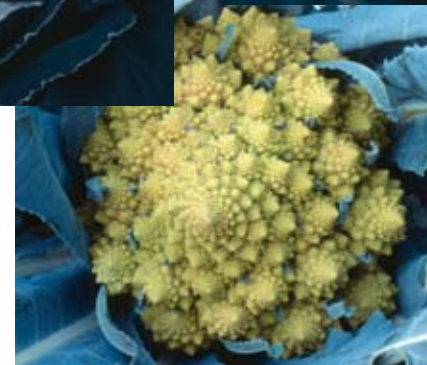
We May Look Different But...

We're really all the same!

What do broccoli, Brussels sprouts, cabbage, cauliflower, collards, kale and kohlrabi have in common?

In addition to being good for you, they all belong to the same species, wild cabbage (*Brassica oleracea*). Through selective breeding, humans have created dramatically different varieties of this amazingly versatile plant by exaggerating different features, like buds, leaves, stems or flowers. For example, when you eat broccoli, you are eating thousands of immature flowers.

Wild cabbage has been cultivated for several thousand years and was grown by the early Greeks and Romans. Most of the horticultural varieties we eat today, like broccoli and Brussels sprouts, were selected by farmers in the Mediterranean region. You can still see wild cabbage growing on limestone sea cliffs there today.



Clockwise from top: cauliflower 'Purple Sicilian'; Brussels sprouts 'Long Island Improved'; kale; broccoli 'Verde Romanesco'; cabbage; kohlrabi. Photos by David Cavagnaro.

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