Cottage cheese from double harvested Broccoli



Crop	Broccoli *Brassica oleracea convar. botrytis var. italica*
Croppart	Flower
Application area	Food & feed
Status	Research stage
Relevant plant compounds	Vitamins and minerals fibers

Description

The productivity of broccoli plants could be increased by modifying the method of harvest. When harvesting broccoli, the broccoli screen has to be cut as high as possible, that is, with a very short stem. This leaves enough eyes to form new shoots. The vegetables formed from these new shoots are smaller than those of the first harvest, however, they are still very nutritious. Students of VIVES developed a healthy, fresh and tasty cottage cheese with this broccoli.

Pros and cons

- Creating a sustainable and healthy snack

- New harvesting techniques are necessary