

## 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

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