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Calabrese or sprouting?

In the shops a large green head is usually labelled broccoli. In the garden the Royal Horticultural Society keeps two growing guides.

"Calabrese and broccoli are two different crops, but they are often muddled up." The Society's broccoli guide is about sprouting broccoli. The large head often sold as broccoli is, in that gardening sense, calabrese, "named after Calabria in southern Italy."

Subject	Calabrese guide	Broccoli (sprouting) guide
What it is, in the garden	A large central green head of tightly packed buds, "about 15cm (6in) across."	"Small clusters of usually purple buds on the tips of long, leafy stems."
What the shops often call it	"Confusingly called broccoli in supermarkets and recipes." Seeds are "sometimes sold as broccoli."	The large green head is "confusingly often called broccoli in supermarkets and recipes."
Plant size	"Up to 60cm (2ft) tall and wide."	Traditional plants "up to 90cm (3ft) tall and wide."
Sowing to harvest	"Three or four months, from July to October, depending on the variety and sowing time."	"Four to ten months to start cropping," then pickings "for up to two months." Traditional plants "can take eight months or more to mature."

A short quiz

1. In the Society's gardening sense, which crop is the broccoli guide actually about?
2. After what place is calabrese named?
3. Are the two official plant sizes — 60cm and 90cm — averaged on this sheet?

Answers. Sprouting broccoli. Calabria in southern Italy. No — the official figures are kept on their own lines.

Wording from the Royal Horticultural Society, "How to grow broccoli" and "How to grow calabrese," re-checked 18 November 2026. broccoli.vegetables.im is independent of the Society. Typographic sheet: no photographs inside.