

Broccoli RAAB

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# Rapini

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(Redirected from [Broccoli raab](#))

Jump to: [navigation](#), [search](#)

## Rapini



### Species

*Brassica rapa*

### Cultivar Group

Ruvo group

### Cultivar Group members

[turnip](#)

**Rapini** (also known as **Broccoli Rabe** (or Raab), *Broccoletti*, Saag (Punjabi)*Broccoli di Rape*, *Cime di Rapa*, *Rappi*, *Friarielli* (in Naples), and *Grellos*) is a common [vegetable](#) in the [cuisines](#) of Southern [Italy](#) (in particular [Bari](#) and [Sicily](#)), [Galicia](#), [China](#), and [Portugal](#) . The plant is a member of the Brassiceae tribe of the Brassicaceae, whose taxonomy is very difficult.<sup>[1]</sup> Rapini is classified scientifically as *Brassica rapa* subspecies *rapa*,<sup>[2]</sup> in the same subspecies as the [turnip](#), but has had various other designations, including *Brassica rapa ruvo*, *Brassica rapa rapifera*, *Brassica ruvo*, *Brassica campestris ruvo*.

Rapini has many spiked leaves that surround a green bud which looks very similar to a small head of [broccoli](#). There may be small yellow flowers blooming from the buds, which are edible.

The flavor of rapini has been described as nutty, bitter, pungent, and "an acquired taste". The Italian cultivar is similar to, but much more bitter than the Chinese. The Chinese cultivar is of a lighter green color, not at all bitter or pungent, and more tender.

Rapini is a source of [vitamins A, C, and K](#), as well as [potassium](#), [calcium](#), and [iron](#).<sup>[3]</sup>

The vegetable probably descends from a wild herb, a relative of the [turnip](#), that grew either in [China](#) or the [Mediterranean](#) region. It is similar in shape to the Chinese *Brassica oleracea* cultivar called [kai-lan](#).

Rapini is now grown throughout the world. Rapini is available all year long, but its peak season is fall to spring in the Northern Hemisphere.

## [\[edit\]](#) References

- <sup>^</sup> [Lysak, M.A., Koch, M.A., Pecinka, A., and Schubert, I. \(2005\). "Chromosome triplication found across the tribe Brassiceae". \*Genome Research\* \*\*15\*\* \(4\): 516–525. doi:10.1101/gr.3531105. PMID 15781573. http://www.genome.org/cgi/content/full/15/4/516.](#)
- <sup>^</sup> [USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - \(GRIN\) \[Online Database\]. National Germplasm Resources Laboratory, Beltsville, Maryland. URL: http://www.ars-grin.gov/cgi-bin/npgs/html/taxon.pl?316592 \(17 November 2007\)](#)
- <sup>^</sup> [Broccoli Raab Nutrition Facts \[1\]](#)

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