

# — BROCCOLI—

## What is it?

- Broccoli is a member of the cabbage family.
- Broccoli are vegetables which grow as florets (clusters of flower buds) on stalks (stems).
- Broccoli has a fresh mild taste
- There are several varieties of broccoli such as broccolini, broccoflower, and broccoli sprouts.
- Choose bunches with tight florets that are dark green, purplish or bluish green. Stalks should be very firm.



## When is it available?

- Harvested fresh from mid-June to mid-October in Wisconsin and year round from warmer climates.

## What's so cool about it?

- Broccoli has been around for more than 2,000 years and was first grown in Italy.
- The average American consumes 4.5 pounds of broccoli a year.
- Darker green florets have the highest nutrient value.
- One acre of land can hold more than 30,000 broccoli plants.
- If it is left in the field unpicked, it will turn into a head of yellow flowers.
- Broccoli gets its name from the Latin word brachium, which means branch or arm.



## Why should I eat it?

- Broccoli is a member of the cabbage family, which have been shown to help prevent certain types of cancer.
- Broccoli has as much calcium per ounce as milk.
- Fresh broccoli contains more nutrients than frozen broccoli.
- Florets are richer in beta-carotene than the stalks.

