

# Broccoli

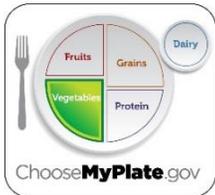


Broccoli is a member of the cabbage family. The heads of broccoli are made up of underdeveloped flower buds. Broccoli is highly nutritious, providing vitamins, minerals and phytonutrients.

## USES AND TIPS

Choose large, firm broccoli heads with bright-green or dark-green florets. Refrigerate and use within 3-5 days. Wash broccoli right before use.

Broccoli may be eaten raw or cooked. Add raw broccoli to salads for extra crunch or eat as a snack with low-fat dip or hummus. Try broccoli roasted, sautéed, steamed or stir-fried. Broccoli is a great addition to pasta dishes, soups and quiche.



## NUTRITION NOTES

- One cup of raw chopped broccoli has about 30 calories, no fat, and 2 grams of fiber.
- Broccoli is a non-dairy source of calcium. One cup of raw chopped broccoli contains 43 milligrams of calcium.
- Broccoli is high in **vitamin C** (*promotes healing*) and a good source of **folate** (*helps the body make healthy blood cells*).

## SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Broccoli has been around for 2,000 years and was first grown in Italy.

The word broccoli comes from the Latin word *brachium*, which means branch or arm.

Broccoli is known as a “cruciferous” vegetable. “Cruciferous” comes from the Latin word *cruciferae* meaning “cross-bearing”, because the flowers have four-petals that resemble a cross.

California produces 90% of the broccoli grown in the United States.

Broccoli contains beta-carotene, when in the body is converted into vitamin A (improves eyesight).

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Broccoli is a cool season vegetable and is grown throughout Georgia. It can be planted in either spring or fall.
- The most widely planted variety of broccoli in Georgia is Emerald Crown.
- Broccoli is in season in Georgia May through June and October through December.
- Broccoli is ready to harvest about 60-80 days after planting.

Source: [Fresh Market Broccoli Production for Georgia. UGA Cooperative Extension Bulletin 1460. October 2016.](#)

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