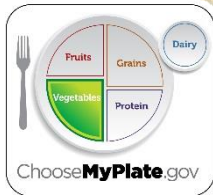


Broccoli/Cauliflower



NUTRITION NOTES

- One cup of raw chopped broccoli or cauliflower 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 and cauliflower are both high in **vitamin C** (*promotes healing*) and a good source of **folate** (*helps the body make healthy blood cells*).

Broccoli and cauliflower are members of the cabbage family. Their heads are made up of underdeveloped flower buds. They are both highly nutritious, providing vitamins, minerals and phytonutrients.

USES AND TIPS

Choose large, firm broccoli heads with bright-green or dark-green florets. Select cauliflower with a creamy white color, compact surface and bright green leaves. Refrigerate and use within 3-5 days.

Broccoli and cauliflower may be eaten raw or cooked. Add raw broccoli or cauliflower to salads for extra crunch or eat as a snack with low-fat dip or hummus. Try them roasted sautéed, steamed or stir-fried.

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.

Cauliflower varieties are not all white, they can be green, orange and purple.

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

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

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 and cauliflower are cool season vegetables and are grown throughout Georgia.
- The most widely planted variety in Georgia is Emerald Crown.
- Varieties of white cauliflower that grow in Georgia include Snow Crown and Imperial.
- Both broccoli and cauliflower are ready to harvest about 60-80 days after planting.

Sources: 1. [Fresh Market Broccoli Production for Georgia. UGA Cooperative Extension Bulletin 1460. October 2016.](#) 2. [Growing Cauliflower – UGA CAES. February 2015.](#)

Georgia Department of Education School Nutrition Program