

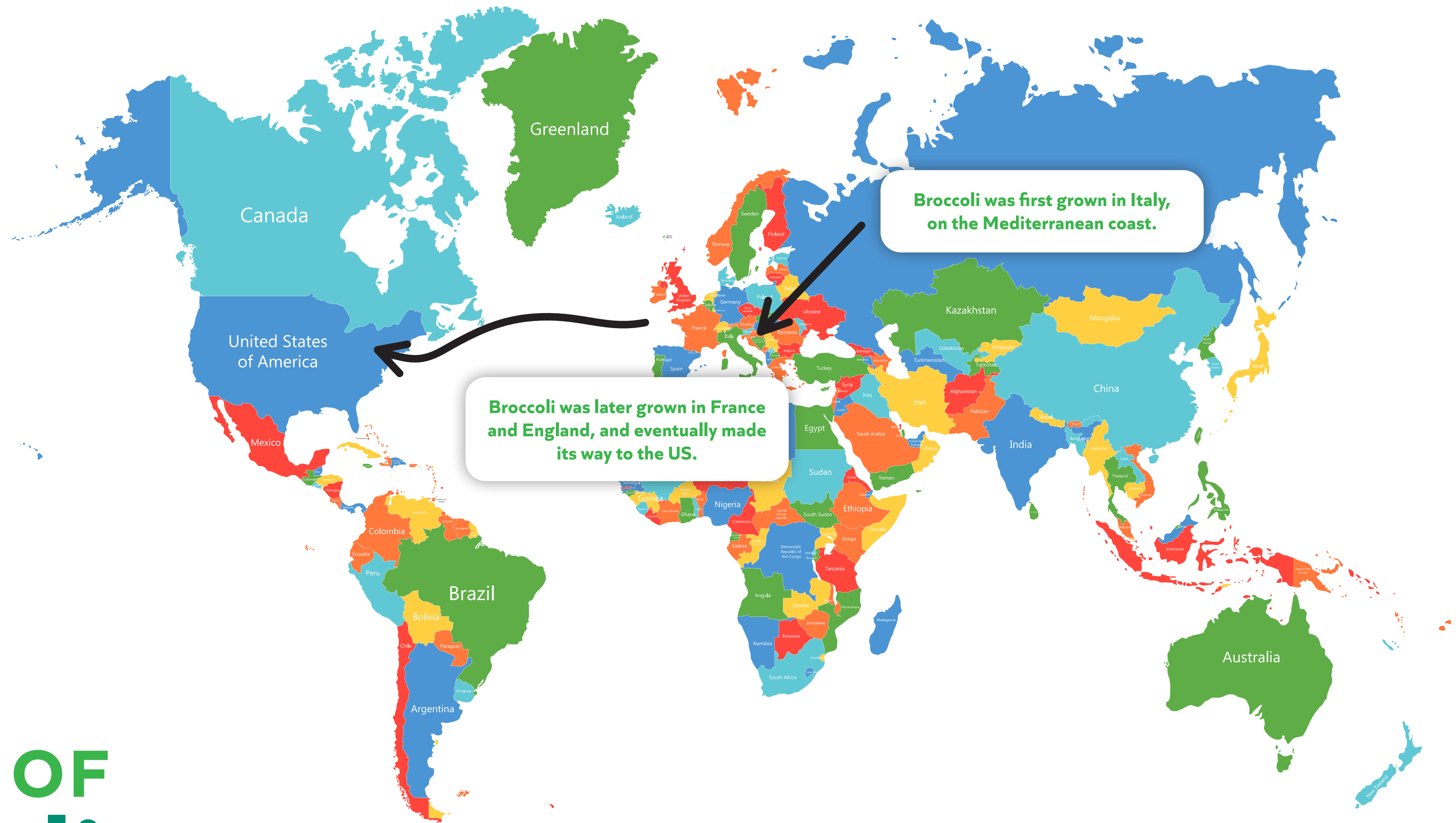
HARVEST OF THE MONTH:

**Broccoli**





# HISTORY OF Broccoli







Broccoli plants grow  
2 ½ feet tall.

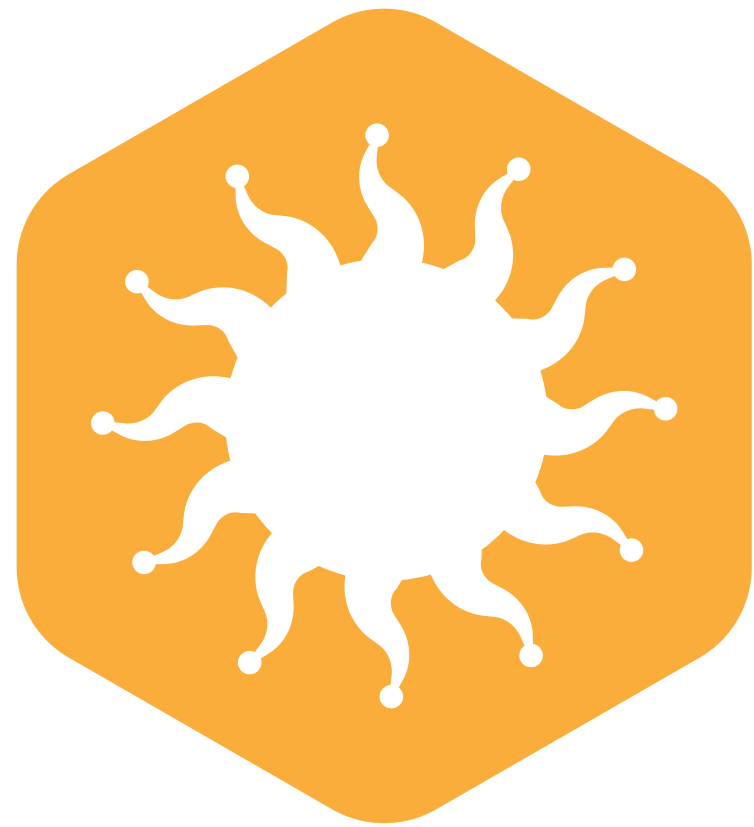


We eat the flower buds  
(florets) before they bloom  
into tiny yellow flowers.

# HOW DOES BROCCOLI GROW?



# WHAT SEASON DO WE PICK BROCCOLI?



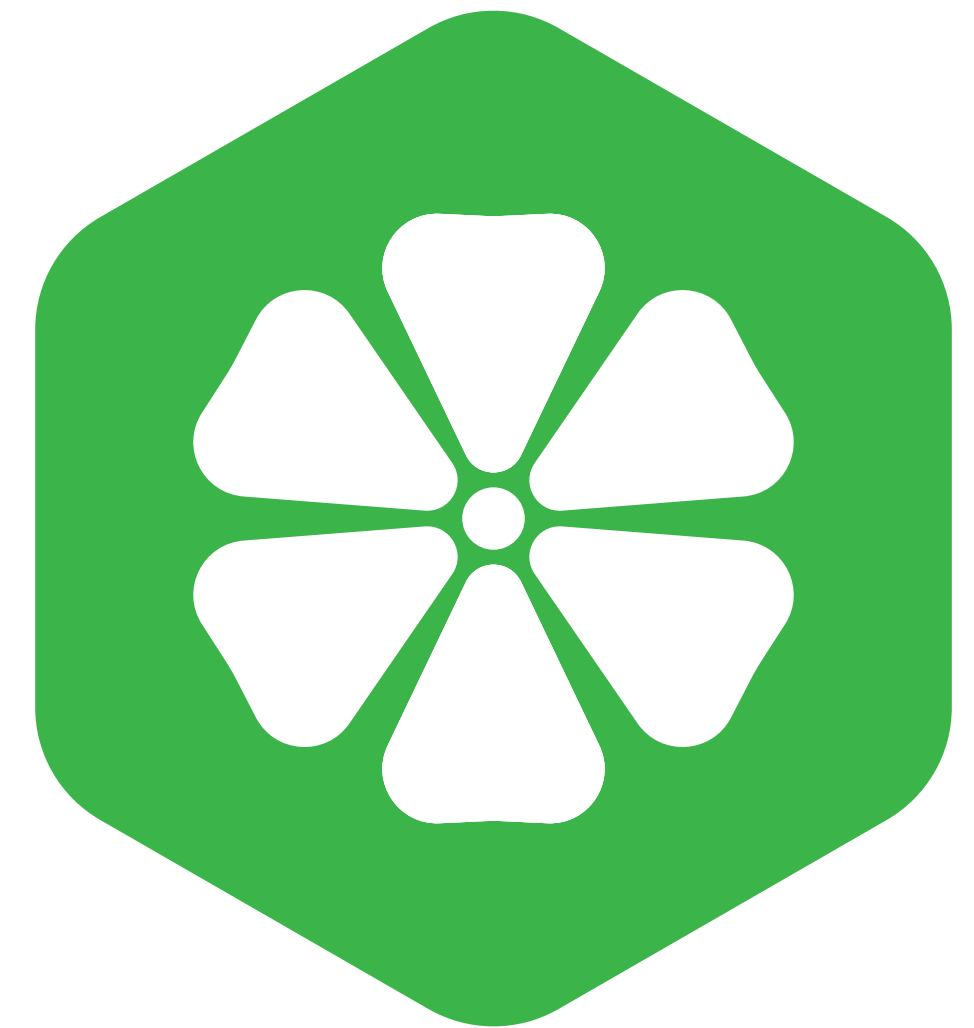
SUMMER



AUTUMN



WINTER



SPRING



# WHY SHOULD WE EAT BROCCOLI?

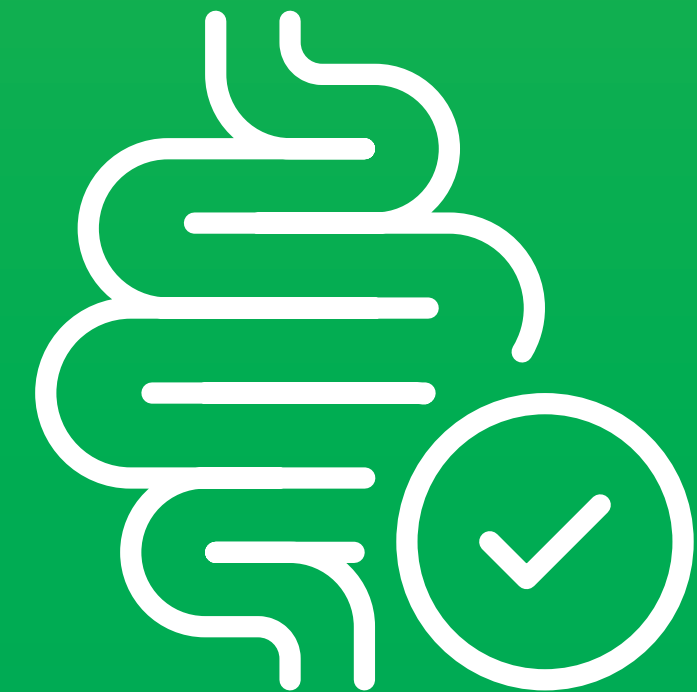
Healthy immune system  
(prevents colds)



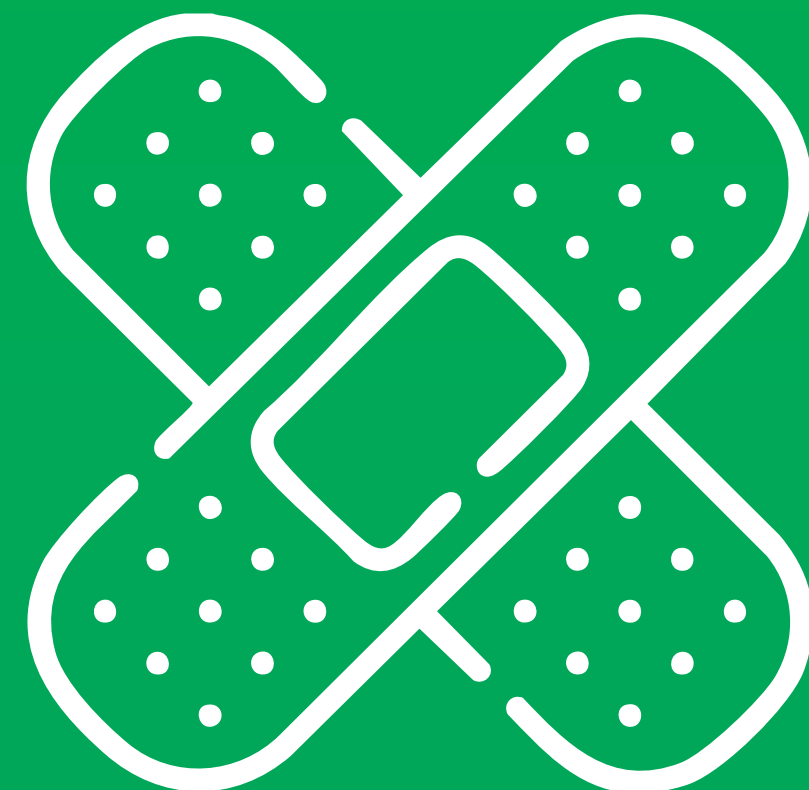
Healthy eyes



Healthy digestion,  
cleans out your system



Contains vitamin  
K – heals cuts



Healthy muscles





# HOW DO YOU PICK A GOOD BROCCOLI?

- The stem of broccoli should be firm.
- The florets on the end should be tight, compact, and dark green.
- When you boil broccoli 25%-35% of the nutrients are lost. So try steaming, microwaving, or grilling broccoli.

**FUN FACT:** Broccoli got its name from the Italian word “brocco” which means branch or arm.







LET'S TRY SOME  
**Broccoli!**

