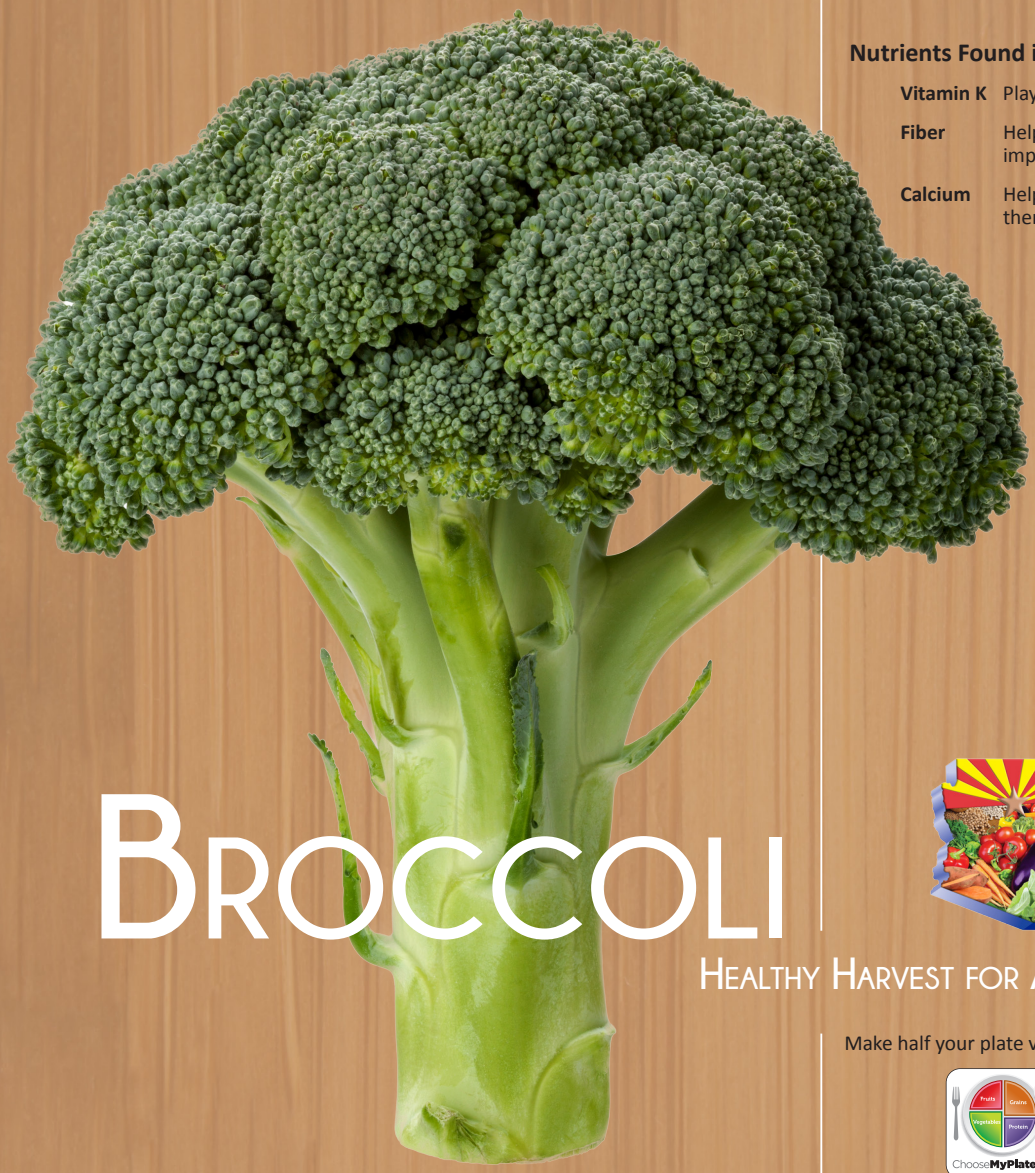
Eat More Arizona Grown Broccoli



Nutrients Found in Broccoli

Vitamin K	Plays a role in bone and blood health
Fiber	Helps keep your heart healthy and improves digestion
Calcium	Helps form bones and teeth and keeps them strong

BROCCOLI

HEALTHY HARVEST FOR ARIZONA SCHOOLS

Make half your plate vegetables and fruits.

Broccoli is one of the top vegetables grown in Arizona. Most recently, broccoli was harvested from 7,500 acres. That is 90 million pounds of broccoli!

Choose odorless, bright bluish-green, and firm broccoli heads. Stems should be very firm.

Arizona Grown vegetables and fruits taste best and cost less when purchased in season.