



# Broccoli

## Harvest of the Season

### Eat More Arizona Grown Broccoli

Vegetables are good for your family and fun for kids! Eating a variety of vegetables gives you lots of vitamins and minerals you need. Choose to make half your plate vegetables and fruits and help keep your heart, teeth, gums, eyes and skin healthy.

Buy fresh vegetables, like broccoli, in season when flavor and price are best!

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!

### Why Eat More Broccoli?

Broccoli is full of nutrients. Here's how the nutrients in broccoli keep you and your family healthy:

Nutrients Found in Broccoli
<b>Vitamin A</b> Helps your eyes and skin stay healthy
<b>Vitamin C</b> Helps your teeth and gums stay healthy
<b>Vitamin K</b> Plays a role in bone and blood health
<b>Fiber</b> Helps keep your heart healthy and improves digestion
<b>Calcium</b> Helps form bones and teeth and keeps them strong

### What are the Different Types of Broccoli?

Broccoli is a plant in the cabbage family. The most common types of broccoli are:

- Broccolini
- Broccoli Rabe
- Broccoflower
- Calabrese

## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2 - 3	1 cup	1 cup
Children 4 - 8	1 1/2 cups	1 to 1 1/2 cups
Older children and teens	2 to 3 cups	1 1/2 to 2 cups
Adults	2 1/2 to 3 cups	2 cups

Patience works better than pressure. Offer your children new foods. Then let them choose how much to eat. Kids are more likely to enjoy a food when they have made the choice to try it.

Make half your plate vegetables and fruits. Visit [choosemyplate.gov](http://choosemyplate.gov) for more information.

## How to Choose, Store and Prepare Broccoli

### Choose:

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

### Store:

- Fresh broccoli should be refrigerated in a dry loose plastic bag.
- Eat fresh broccoli within three to five days of purchase.
- Fresh broccoli can be stored in the freezer for 12 to 18 months.

### Prepare:

Roasting broccoli maintains nutrients and brings out flavor.

1. Rinse the broccoli in cold water.
2. Using a cutting board, cut about three to four inches off of the bottom stems. Slice each stem of broccoli into four or more pieces and place on a baking pan.
3. Spread the broccoli evenly on the baking pan.
4. Bake in preheated oven at 425° F for 12 minutes.

Broccoli tastes good raw or cooked. They can be steamed, sautéed or blanched. To learn more, visit [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org).

## Plant and Grow Broccoli

- Plant broccoli seeds with your kids! Plant your seeds in an area or garden with full sun exposure.
- Broccoli can grow from a seed indoors for an early spring garden and from a seed or young plant for a fall garden. Seeds and young plants can be purchased at your local garden store.
- Broccoli grows well in cool climates. They grow best in temperatures around 60° to 65° F.
- Broccoli needs about two to three months to grow. They are mature when the broccoli heads are tight and have a solid green color. Cut broccoli with six to eight inches of stem remaining.

Visit [extension.arizona.edu](http://extension.arizona.edu) for harvest and planting information.

## Apple Broccoli Salad

### Ingredients:

3 apples, chopped  
3 cups fresh raw broccoli, chopped  
1 tablespoon red onion, chopped  
1/4 cup pecans, chopped  
1/3 cup raisins  
1/2 cup fat free vanilla yogurt  
Lettuce (optional)



**Makes 6 servings**

### Nutrition Facts

per serving  
calories.....134  
carbohydrates .. 25 gm  
protein..... 3 gm  
total fat..... 3 gm  
saturated fat..... 0 gm  
trans fat ..... 0 gm  
cholesterol ..... 0 mg  
fiber ..... 5 gm  
total sugars..... 0 gm  
sodium.....32 gm  
calcium.....66 gm  
folate.....29 mcg  
iron.....1 mg  
calories from fat...31%

### Directions:

1. Wash hands with warm water and soap.
2. Wash broccoli and apples. Cut the apple and take out the seeds.
3. Chop the broccoli, apples and onion.
4. Add pecans to chopped broccoli, apples and onion.
5. Mix all ingredients together.
6. Serve cold.

For more free recipes, visit [EatWellBeWell.org](http://EatWellBeWell.org).

## Choose Locally Grown Vegetables and Fruits

- Arizona Grown vegetables and fruits taste best and cost less when purchased in season.
- Vegetables and fruits that are grown in Arizona spend less time in the back of a truck. This causes less damage to the vegetables and fruits.
- When farmers sell directly to consumers, they cut out the middleman and receive full value for their produce. This allows farmers to continue to farm and provide service to the community.
- Let your kids be produce pickers. Help them pick vegetables at a grocery store, your local farmers' markets, or at a u-pick farm near you! Go to [arizonagrown.org](http://arizonagrown.org) for more information.

Visit the School Food Programs section of the Arizona Department of Education Health and Nutrition Services website at [www.azed.gov](http://www.azed.gov) for more information.



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