

BROCCOLI

FAST FACTS

- Broccoli is a type of cruciferous vegetable
- It is a form of cabbage and part of the mustard family
- Broccoli is a cool-season vegetable and is best harvested when the high temp. is less than 75°F
- The edible flower buds and stalks of the broccoli plant are what we consume
- Broccoli is native to the eastern Mediterranean



IMPORTANT NUTRIENTS

- **Fiber** – good for your gut and heart
- **Vitamin K** – helps your blood clot
- **Vitamin A** – good for your eyes, skin, and immune system
- **Vitamin C** – helps with wound healing
- **Folic acid** – involved in new cell creation
- **Potassium** – needed for muscle contraction

SELECTION & STORAGE

Look for large, firm, and bright green or dark-green heads.

Store broccoli, unwashed, in loose or perforated plastic bags in the vegetable crisper of the refrigerator. Store for up to 3-5 days.

IDEAS FOR SERVING

- Enjoy raw on its own or with a low-fat dip
- Steam or roast broccoli as a side dish and season with spices to add additional flavor
- Incorporate broccoli into a main dish such as a salad, pasta, or stir-fry



BROCCOLI

ACTIVITIES

Five Senses Fun!

Use your five senses to describe how broccoli looks, feels, tastes, sounds, and smells.

Veggie Math

Count as many of the tiny flower buds on your individual broccoli floret as you can. How high did you get?

Compare & Contrast

Make a list of similarities and a list of differences between broccoli and another vegetable. Are there more similarities or differences?

Poetry

Write a poem about the health benefits of broccoli. Share with the class!

Write a Recipe

Invent a new recipe that includes broccoli as one of the ingredients.

Watch a Video

Find and watch a video online that shows how broccoli is grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

What are some examples of other cruciferous vegetables?

Describe the steps you would take to grow broccoli at home.

Why is eating broccoli good for your health?

What should you look for when selecting broccoli at the store?

What is your favorite way to eat broccoli?

REFERENCES

Fruits & Veggies More Matters. (2012). Broccoli: Nutrition, selection, storage. <http://www.fruitsandveggiesmorematters.org/broccoli>.

Smith, P., Doubrava, Nancy. (2003). Broccoli. Clemson Cooperative Extension Home & Garden Information Center. <http://www.clemson.edu/extension/hgic/plants/vegetables/crops/hgic1301.html>.

Harvard Medical School. (2017). Listing of Vitamins. https://www.health.harvard.edu/staying-healthy/listing_of_vitamins.

The Editors of Encyclopedia Britannica. (2019). The Encyclopedia Britannica. Broccoli. <https://www.britannica.com/plant/broccoli>.

This institution is an equal opportunity provider.

