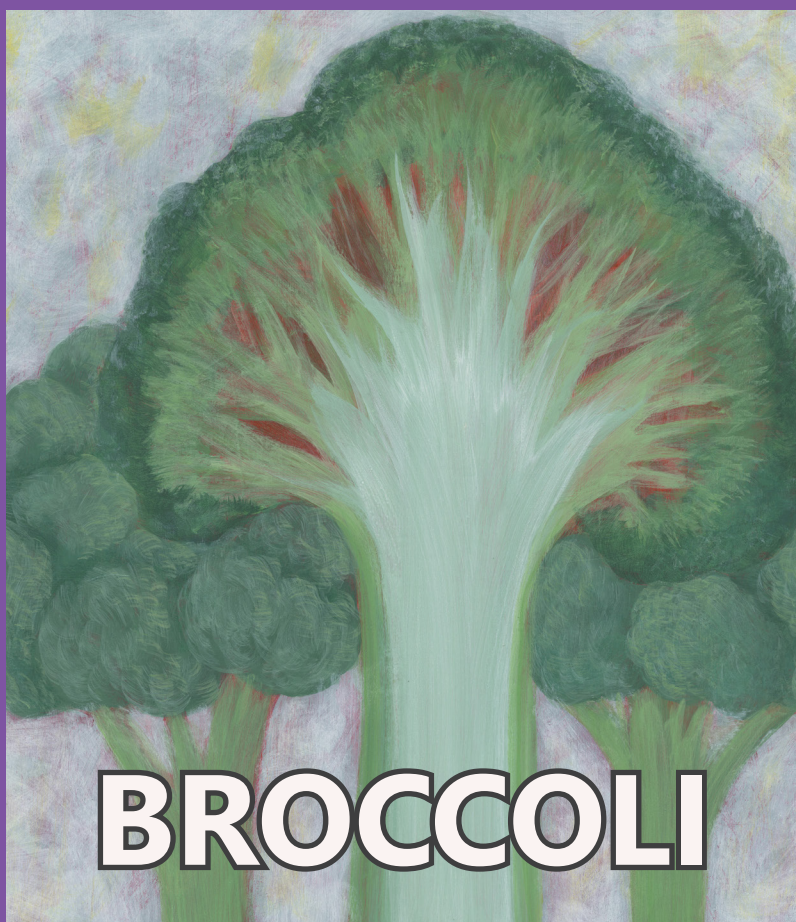


Harvest of the Month



BROCCOLI

Local Highlight

October is a lovely time for broccoli and other brassicas! They thrive in the cooler temperatures of fall.

Check out our video about local broccoli:

vimeo.com/channels/hcoenutrition

Literature Links

- *Monsters Don't Eat Broccoli*, by Barbara Hicks
- *Broccoli's Big Day*, by Mike Henson

Joke Corner

Q: What did the broccoli say to the cauliflower as they were making their getaway?

A: Floret!

Q: What kind of music does broccoli listen to?

A: Broc n' roll.

Harvest of the Month



BROCCOLI

Brassica oleracea



Spanish: el brócoli
Hmong: zaub paj ntsuab

Nutrition Power

Broccoli is an excellent source of vitamin C and vitamin K.



Vitamin C helps your body fight infection!



Vitamin K helps your bones stay strong!

History

Broccoli originated from wild cabbage plants in Italy. The Etruscans were the first to cultivate the vegetable. The son of Roman Emperor Tiberius was so infatuated with broccoli that he refused to eat all other foods except broccoli à la apicius (a mixture of broccoli, cumin, coriander seeds, chopped onion, and oil) for an entire month! Broccoli was eventually introduced to other parts of Europe starting in the 1500's. It did not become popular in the U.S. until the 1920's when Italian immigrants started growing it on a large scale in California.



Did You Know?

- ❑ Plant parts we eat: STEM and FLOWER.
- ❑ Broccoli heads are made up of tiny, unopened flower buds! If broccoli is left too long in the field before being harvested, the buds start to open, revealing yellow flowers!
- ❑ Broccoli is part of the brassica family. It is related to cabbage, cauliflower, kale, collard greens, and Brussels sprouts.
- ❑ Rich in minerals and vitamins, broccoli is also known as the "Crown Jewel of Nutrition."

