

Harvest of the Month



BROCCOLI



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** a piece of broccoli.
2. **MAKE** a dish with broccoli using the recipe and ingredients provided.
3. **LEARN** about broccoli with the information below.



Fun Facts

- Broccoli is part of the brassica family. It is related to cabbage, cauliflower, kale, collard greens, and Brussels sprouts.
- Broccoli is originally from Italy, and didn't become popular in the U.S. until it was grown on a large scale by Italian immigrants.
- The heaviest broccoli ever grown weighed 35 pounds!
- Broccoli is a great source of folate and vitamin K, both of which help your blood and bones stay healthy!

Local Connection



Farmer Ed Cohen of Earthly Edibles Farm is the broccoli king of Humboldt County! The soil at his farm in Korbel produces a sweet, tender broccoli that is delicious raw or cooked. The variety that Ed likes to grow is called Green Magic.



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



Got CalFresh? Sometimes DHHS needs to call CalFresh recipients. Make sure your name is included in your voicemail greeting so that DHHS can legally leave a detailed message.