



Harvest of the Month

Broccoli

Nutrition Information

- Broccoli is an excellent source of vitamin C
- It's packed with vitamin K
- It contains minerals like potassium
- Broccoli also credits as a Dark Green Vegetable

Selection and Storage

- Pick broccoli that looks like little green trees with tight, dark green tops.
- Skip broccoli with yellow spots or floppy stems.
- Keep broccoli in the fridge and try to eat it within 3–5 days.
- Don't wash it until you're ready to eat or cook it, or it will spoil faster.
- Want to save it longer? Freeze it! First cook the broccoli for a couple minutes, cool it in ice water, and then store it in the freezer for up to a year.

Fun Facts

- People have been eating broccoli for more than 2,000 years, which started first in Italy!
- The name "broccoli" comes from the Italian word that means "little flowering cabbage."
- Broccoli is part of the same veggie family as cabbage, kale, and cauliflower.
- Each broccoli "tree top" is made of tiny flower buds that could bloom if not picked.

Recipes*

- [Beef Stir-Fry](#) - ICN Recipe Box
- [Egg and Broccoli Scramble](#) - ICN Recipe Box
- [Noodles With Peanut Butter Sauce](#) - ICN Recipe Box
- [Savory Yogurt-Hummus Dip with Veggies](#) - ICN Recipe Box
- [Sautéed Tofu and Broccoli](#) - ICN Recipe Box



*As a reminder, the sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

Educational Resources

- Broccoli Basics & Coloring Sheet – Food Hero ([English](#)) ([Spanish](#))
- Monsters Don't Eat Broccoli - Growing Minds ([English](#)) ([Spanish](#))
- [All About Broccoli - Brochure](#) - WSU Extension
- [Washington Ag in the Classroom](#) - Broccoli Information Card
- [Seattle Farm to Preschool Program](#) – Plant Parts Lesson

Sourcing

- Use the [Washington Food and Farm Finder](#) to find broccoli and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- If broccoli isn't available in your area: Substitute other locally grown vegetables in season, such as kale, spinach, or cabbage.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).