

- 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.

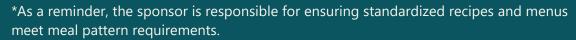
Fun Facts

- 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*

- Broccoli Bites ICN Recipe Box
- Chic' Penne ICN Recipe Box
- Creamy Broccoli Potato Soup ICN Recipe Box
- <u>Crunchy Hawaiian Chicken Wrap</u> ICN Recipe Box
- Honey Garlic Roasted Broccoli & Cauliflower ICN Recipe Box





Educational Resources

- Broccoli University of Kentucky Family and Consumer Sciences Extension.
- Fresh Broccoli Handout USDA Household Foods List.
- Broccoli Lesson Plan Arizona Department of Education.
- Broccoli Basics & Coloring Sheet Food Hero (English) (Spanish)
- <u>All About Broccoli Brochure</u> WSU Extension

Sourcing

- Use the <u>Washington Food and Farm Finder</u> 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 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 <u>WSDA's</u> <u>Washington Grown Food & Recipe Kit and USDA's Seasonal Produce Guide</u>.