



BRASSICAS

Cafeteria Connection

Tell Me about Brassicas

Broccoli, cauliflower, and romanesco are in the brassica (also known as cruciferous) family. These three vegetables developed from the same plant, but plant breeders have created a wide range of colors and head shapes over time. Romanesco is also known as romanesco broccoli, fractal broccoli, or Roman cauliflower and is a hybrid between cauliflower and broccoli.

Crediting Information

- Broccoli, cauliflower, and romanesco, whether fresh or frozen, credit toward the vegetable meal pattern component by volume served. For example, 1/2 cup broccoli or cauliflower credit as 1/2 cup vegetable.
- In School Meals, broccoli contributes to the "dark green" vegetable sub-group while cauliflower and Romanesco contributes to the "other" vegetable sub-group.
- Vegetables must be fresh, frozen, canned, or full-strength vegetable juice, referred to as 100% juice, to credit as a vegetable component. Dried vegetables, including beans, peas, and lentils, must be reconstituted to credit toward reimbursable meals. Please confirm crediting requirements for dried vegetables with your specialist.



Nutrition Facts

Broccoli, cauliflower, and romanesco are high in Vitamin C, which supports healthy skin, tendons, ligaments, blood vessels, and our immune system. The antioxidants in these vegetables help prevent damage to our cells.



Selection and Storage

- Heads should feel heavy for their size.
- Store unwashed in the refrigerator.
- Broccoli, cauliflower, and romanesco come in many colors. Look for heads that are firm and have a bright color.

Culinary Tips

- Rinse under running water before using.
- Cut florets into uniform sized pieces so that they cook evenly.
- Broccoli, cauliflower, and romanesco are slightly bitter when eaten raw. They become sweeter when they are steamed, sauteed, or roasted.
- You can eat the stem! Use a peeler to remove the tough outer skin on the stem, then eat the peeled stem raw or cook it with the florets.



Red cabbage, credit: WSDA

Recipes

- [Honey Garlic Roasted Broccoli and Cauliflower Georgia Recipe for Schools](#)
- [Broccoli Salad USDA Recipes for Schools](#)
- [Cauliflower Rice USDA Recipe for Child Care Centers](#)
- [Macaroni and Cheese USDA Recipe for Adults in CACFP](#)

Sourcing

- [Find Broccoli, Cauliflower, Romanesco](#)



Cauliflower, credit: WSDA