

Farm to School

BROCCOLI

History

Broccoli has been cultivated since the Roman Empire, starting in the 6th century BC. It became popular in the U.S. in the 1920s.

Nutrition

Broccoli provides dietary fiber, and is a great source of vitamin C, vitamin K, and calcium.

Fun Fact

One ounce of broccoli provides the same amount of calcium as one ounce of milk.



Growing and Harvest



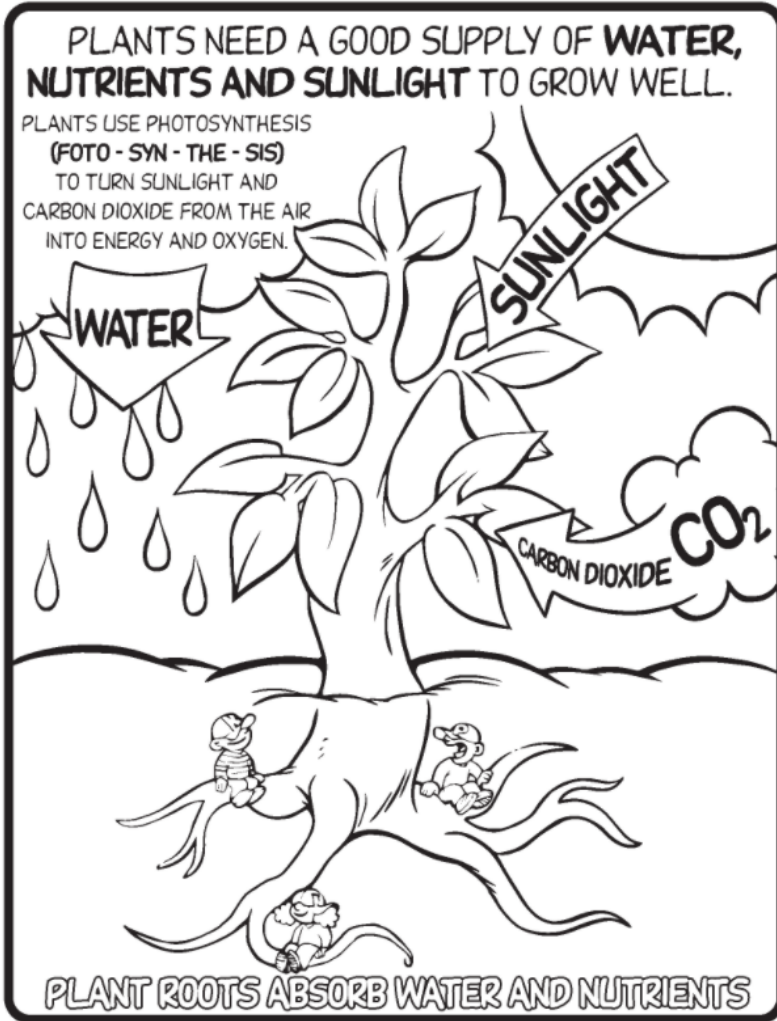
- Broccoli is considered a “cool weather crop” and is best grown in spring or fall months.
- The broccoli floret (flower) is harvested when fully grown.
- Broccoli florets should be refrigerated and used within 5 days of harvesting, or may be frozen for up to 1 year.

Your Broccoli today were grown by:

**Church Hill Produce in Doe Hill, VA
and Kirby Farms in Mechanicsville, VA**



Activity



Broccoli



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