



The Vegetable of the Month is **BROCCOLI!**

Broccoli was invented by an Italian family by crossing cauliflower seeds with pea seeds. The word broccoli comes from the Italian brocco meaning arm branch. Broccoli is a member of the Cruciferae family which means it's related to cabbage, cauliflower, brussels sprouts, and kale.

Broccoli is a cool-weather crop. In New England, it grows best in the Spring and Fall. It doesn't like the heat of summer.

On May 27, 1767 Jefferson noted in his garden book the planting of broccoli for the first time — along with lettuce, radishes and cauliflower.

Broccoli is an excellent source of **Vitamin A, Vitamin C, Folic Acid, Fiber Calcium, Iron, and Magnesium**. When it comes to nutrition, broccoli is one of the best vegetables around. One ounce of broccoli has more vitamin C than an orange and as much calcium as a glass of milk. One medium spear has three times more fiber than a slice of wheat bran bread. Broccoli is also one of the richest sources of vitamin A in the produce section.

Broccoli prevents certain types of cancer, is good for the eyes and bones, and protects against stroke.



**Look for BROCCOLI on
the lunch line this month.
Broccoli can be eaten raw or cooked.**

