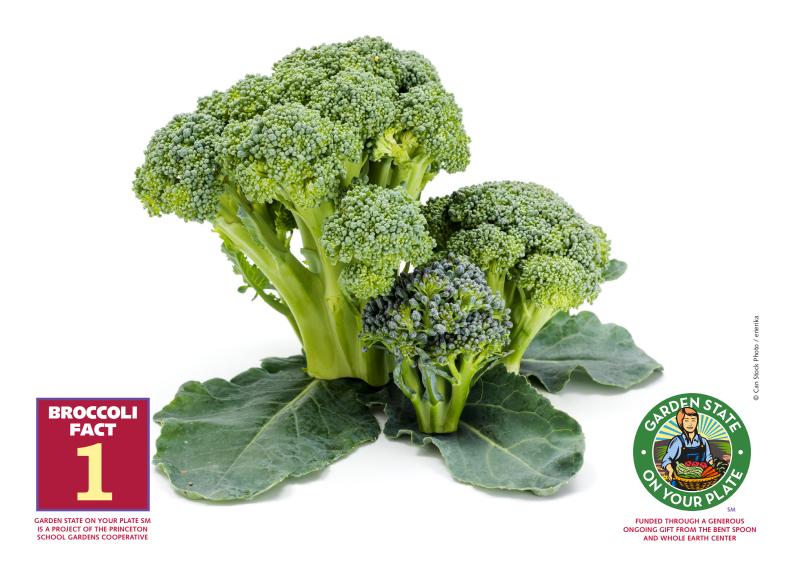
#### Broccoli is in the Cruciferae family (also called the cabbage or mustard family)

and is related to cabbage, kale, turnips, and kohlrabi.



If you don't have a garden, you can easily grow broccoli microgreens for salads and garnishes.

Broccoli microgreens contain more phyto-compounds than mature leaves and heads.



### Broccoli is not only tasty, it is also nutritious.

Broccoli is high in Vitamins A and C, which help to boost your immune system and promote healthy eyes and skin.

And broccoli has as much calcium, ounce per ounce, as milk.



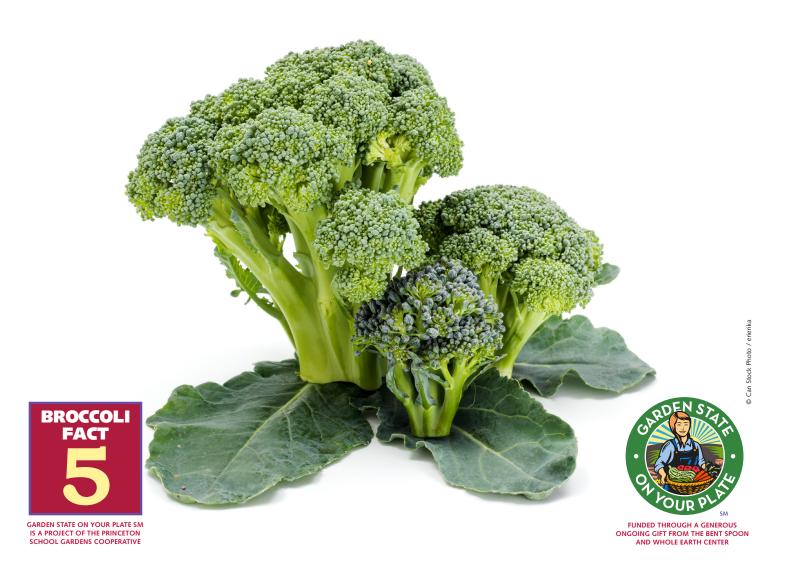
# The average person in the United States today, eats 4½ pounds of broccoli per year.

Over 30,000 broccoli plants can be grown on one acre of land.



### The flower buds (head), stem, and leaves of broccoli are all edible.

The head and stem can be steamed or roasted. The leaves can be eaten raw and are tasty when sautéed like collards and chard.



If broccoli isn't picked when the buds are still compact, the flower buds will open as bright yellow flowers.



## Broccoli farmers typically harvest broccoli heads and throw the leaves in the compost.

Now that home cooks have discovered that broccoli leaves are delicious, farmers have a new crop to sell and aren't wasting as much food.



## The word broccoli comes from the Italian plural of broccolo,

which means "the flowering crest of a cabbage," and is the diminutive form of brocco, meaning "small nail" or "sprout."



Broccoli is a cool-season crop, which means it tastes best when grown in spring and fall — and is sweetest after a frost.



## Broccoli was first introduced to the United States by Southern Italian immigrants,

but did not become widely known until the 1920s.

