

# Broccoli

**Broccoli is in the  
Cruciferae family  
(also called the cabbage  
or mustard family)  
and is related to cabbage, kale,  
turnips, and kohlrabi.**



**BROCCOLI  
FACT**

**1**

GARDEN STATE ON YOUR PLATE SM  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



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FUNDED THROUGH A GENEROUS  
ONGOING GIFT FROM THE BENT SPOON  
AND WHOLE EARTH CENTER

# Broccoli

**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.**



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**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.**



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**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.**



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**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.**



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



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**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.**



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**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.”**



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**8**

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



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**9**

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**Broccoli was first introduced to the United States by Southern Italian immigrants, but did not become widely known until the 1920s.**



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