

# Broccoli

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



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# 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  
FACT**

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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.**



**BROCCOLI  
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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.**



**BROCCOLI  
FACT**

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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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**BROCCOLI  
FACT**

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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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**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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