

## Fresh Fruits and Vegetables Program

# June

Produce Pick



## Broccoli

### Fun Facts

- Broccoli originated in Italy and has been eaten there since the time of the ancient Romans in the 6th century.
- Rich in calcium, potassium, vitamin A, and vitamin C.
- Americans eat 900x more broccoli now than we did 20 years ago.
- Most people eat the tops of broccoli, called the flower, but all parts are edible.

### Purchasing and Storage

- Select fresh, bright-green heads with compact clusters of tightly closed flowerets.
- Store in a vented plastic bag in the refrigerator for up to 5 days.
- Be sure to keep broccoli dry when storing for later use.
- Precut your broccoli to use as a healthy grab-and-go snack.



### Tasting Activity

1. Show students whole broccoli. Discuss shape, color & other characteristics.
2. Talk with students about tasting the vegetable. Have students discuss the taste and texture of the broccoli.
3. Remind students of the two-bite club.

