

Fresh Fruit & Vegetable Program: February 2023

Featured Fresh Vegetable: **BROCCOLI**



Health Benefits:

1. Great source of fiber – good for digestion
2. Vitamin K – blood clotting and healing
3. Good source of calcium & iron – bone health and blood



Fun Facts:

1. California produces almost all of broccoli sold in the United States!
2. The word broccoli comes from the Italian word broccolo which means "flowering top of a cabbage."
3. According to the USDA, the average American eats around 4 pounds of broccoli every year!

