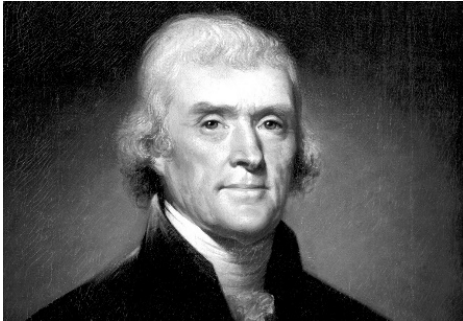


Broccoli

- The name "broccoli" comes from the Latin word brachium, which means "branch," or "arm."
- Broccoli contains twice the vitamin C of an orange.



- Thomas Jefferson, our 3rd President, imported broccoli seeds from Italy and planted them in his own garden in 1767.

- In the United States broccoli is grown year round in California.
- The average person consumes over 4 pounds of broccoli a year.



Broccoli Jokes

Q: What kind of music do vegetarians like to listen too?

A: Broc' N' Roll

