



# BROCCOLI

## DID YOU KNOW?

- Broccoli originated in Italy and was eaten by the ancient Romans.
- Broccoli is a member of the Cabbage family.
- The flavor of raw Broccoli is said to be bitter, but this depends on your tastebuds.
- Broccoli is a great source of vitamin A, vitamin C, iron, and fiber.

## FUN FACT!

The average American eats over 4 pounds of Broccoli a year.



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