

FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education

broccolini



fun facts:

- Broccolini was created by the Sakata Seed Company through natural hand-pollination, not genetic modification. It is a cross between traditional European broccoli and Gai Lan
- From the long, slender stalks and small florets to the delicate leaves and yellow flowers, everything can be consumed!

nutrition:

- Vitamin A: Contains significantly more Vitamin A than regular broccoli!
- Vitamin C: A single serving provides over 100% of the recommended daily allowance

