Labatt Produce

FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education

Romanesco

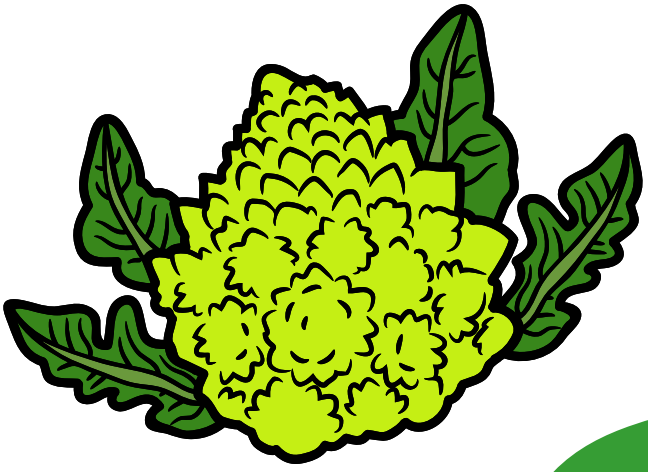


fun facts:

- Romanesco is naturally light green!
- It is related to Broccoli and Cauliflower.
- Romanesco has pointy spirals that repeat over and over, almost like a tiny green pyramid!

nutrition:

Romanesco is packed with vitamin C and K. It also is filled with fiber. This all helps keep your immune system healthy, bones strong, and feeling good!



*This institution is an equal opportunity provider.