

# Broccoli

HARVEST OF THE MONTH

**Broccoli** is a nutrient-rich vegetable known for its unique green ends, called florets, and earthy flavor. It provides fiber and nutrients including vitamin C and K. While the florets are the most commonly eaten part, the stems and leaves are edible too, making nearly the entire plant useful in the kitchen. Its versatility and nutrient content make broccoli an easy addition to meals as a side dish or mixed into a variety of recipes.



## did you know?

**Broccoli is part of the same plant species as cauliflower, cabbage, kale, brussels sprouts, and kohlrabi. these vegetables developed their different appearances through generations of selecive cultivation.**

## fun fact

**The part of broccoli that we usually eat is actually a collection of unopened flower buds! If broccoli is left growing long enough, those tiny green buds eventually open into small yellow flowers.**

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