

# BROCCOLI

HARVEST OF THE MONTH  
APRIL



**Broccoli** belongs to the Cruciferae family, which also includes cauliflower, cabbage, bok choy and Brussels sprouts. Broccoli prefers cool weather. It is often boiled, roasted or steamed, but can also be eaten raw. A head of broccoli is made up of tiny flower buds. If you don't pick it early enough, the head turns into a bunch of yellow flowers. Broccoli is filled with a lot of healthy vitamins and minerals which provide strength to the body and help fight diseases.

## DID YOU KNOW?

Broccoli is an excellent source of vitamins C and K, and it is a good source of vitamin A and potassium.

## FUN FACT

Broccoli has been around for more than 2,000 years and has been grown in the United States for more than 200 years!



BROCCOLI  
GROWING REGIONS

1. Winter Garden 2. Rio Grande Valley



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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