

# Eat More Arizona Grown Broccoli

## Nutrients Found in Broccoli

- Vitamin K** Plays a role in bone and blood health
- Fiber** Helps keep your heart healthy and improves digestion
- Calcium** Helps form bones and teeth and keeps them strong

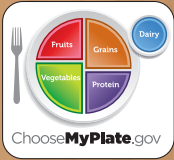


BROCCOLI



## HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Broccoli is one of the top vegetables grown in Arizona. Most recently, broccoli was harvested from 7,500 acres. That is 90 million pounds of broccoli!



Choose odorless, bright bluish-green, and firm broccoli heads. Stems should be very firm.



Apple Broccoli Salad

Arizona Grown vegetables and fruits taste best and cost less when purchased in season.