



BROCCOLI

FIND LOCAL BROCCOLI IN ARIZONA:

Harvest Months: **November to March**

Farms to get the local produce:

- **Blue Sky Organic Farms:** Litchfield Park, AZ
- **Crooked Sky Farms:** Phoenix, AZ
- **Orchard Community Learning Center:** Phoenix, AZ

Connect with Local Producers!

SCHOOL INTEREST FORM



To ensure food safety with **broccoli** always thoroughly wash under running water before cutting and eating.



ARIZONA HARVEST FACTS!

- Broccoli can be steamed, boiled, or roasted but to get the maximum nutrition value, the best way to enjoy it is raw.
- While green is the most common color, broccoli also comes in purple and white varieties, each with its own unique flavor profiles.
- Broccoli tends to thrive in regions with mild temperatures, adequate sunlight, and well-drained soil.
- Broccoli is a nutrient powerhouse, rich in vitamins C, K, A, folate, fiber, and antioxidants.
- Broccoli is a part of the brassica family, which also includes cabbage, cauliflower, Brussels sprouts, and kale
- The word broccoli comes from an Italian word *broccolo* which means “the flowering top of a cabbage”.
- The florets on broccoli are buds ready to bloom. If left unharvested, broccoli will burst into a bunch of yellow flowers.

TASTE

LOCAL RECIPE: Parmesan Garlic Broccoli

Makes 6 servings: Credits as ½ cup dark green vegetable

Ingredients

- 1.5 heads fresh broccoli
- 2 cloves fresh garlic
- 1/4 cup Parmesan cheese
- 1/4 tsp. salt
- 1 Tbsp. vegetable oil



Directions

- Cut broccoli up into bite size pieces. Steam the broccoli for a couple of minutes so that the broccoli retains its bright green color.
- Mix together the oil, salt, Parmesan cheese, and garlic in a mixing bowl. Add the broccoli and toss all the ingredients so that they are well incorporated. Serve immediately.

QUICK MATH: BROCCOLI



1 pound fresh, raw broccoli as purchased (AP) yields

Cooked
trimmed florets
= 5.5, ½ cup servings

Raw
trimmed florets
= 14, ½ cup servings

Cooked
untrimmed (spear and floret)
= 5, ½ cup servings

Vegetable Subgroup—Dark Green