

**Beneficial Bites**

* Broccoli has more nutrients than any other vegetable!
* Need some grown-up reasons for eating your broccoli? How about vitamins C and K, potassium, calcium, antioxidants, and phytochemicals. And there’s plenty more where that came from!
* Just a half cup of raw or cooked broccoli counts as a serving of vegetables (roughly the size of a light bulb) for just 15 calories.

**Did you Know?**

* Broccoli has been around for nearly 2000 years, but has only been grown in the United States for 200 years.
* It originated along the Mediterranean Coast; maybe that’s why the most common variety is the Italian Green!
* California is broccoli country—over 90% of the nation’s broccoli is grown there.
* Broccoli heads are actually groups of tiny buds that are almost ready to flower—hence the term florets!
* There are many varieties of broccoli, some with different colors: yellow-green, white, and even purple.



**Food for Thought**

* Want the nutrition benefit of broccoli but not fond of the taste? Try **broccolini**, a milder, sweeter version, also called baby broccoli.



* Broccoli will have the best taste and nutritional value if eaten within 3-5 days.
* Deeper color = more nutrients!
* Get creative with your broccoli. Roast with olive oil and spices, herbs, or nuts.
  + Toss broccoli with olive oil, sliced garlic, salt, and pepper
  + Spread on a baking sheet
  + Bake at 450° for 20 minutes

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