



Materials to inspire your USDA Fresh Fruit & Vegetable Program

— BROCCOLI —

The word broccoli comes from the Italian *broccoli*, meaning “flowering top of a cabbage.” It grows into large, dense flower heads surrounded by leaves, with treelike stalks.

History: Broccoli was originally cultivated from leafy green stalks, somewhat resembling kale. It originated in the Northern Mediterranean sometime around 6th century B.C. Broccoli has been popular since the Roman Empire. It was brought to England in the mid-18th century and later to the United States by Italian immigrants during the 1920s.

Botanical Facts: Broccoli is part of the *Brassica oleracea* family, along with cabbage, Brussels sprouts, and kale. It is a cool-season crop, similar to spinach or other leafy greens. It requires full sun, and moist, fertile soils. Many varieties are susceptible to aphids and cabbage worms, which are common pests among the brassica family. Intercropping or companion planting with celery, onions or potatoes as well as aromatic herbs like sage, mint, rosemary, or flowers such as marigolds and nasturtiums can help deter pests.

Spotlight on....



Broccoli



Raab or Rapini

Broccoli Uses

USES	DESCRIPTION	COMMON RECIPES	COMMON VARIETIES
 Sprouts	High levels of vitamins and minerals, tasty on salads, can also be stir fried or steamed	Mixed green salad, vegetable stir fry	Sprout seed, Te You Flowering, Hon Tsai Tai
 Raw/Cooked	Crowns can be cut into small pieces or left large including the stems	Broccoli sticks with dip, raw or steamed in salads, roasted or sautéed	De Cicco, Sun King, Calabrese, Romanesco
 Raab/Rapini	Resembles a leafy green, with small crown parts attached, has strong flavor, somewhat bitter	Steamed or Roasted	Spring Raab, Santee Hybrid

More about.. BROCCOLI

More Facts



- The word broccoli is also derived from the Latin *brachium* or Italian *braccio*, meaning “arm.”
- California produces 90% of the broccoli in the U.S.
- Thomas Jefferson imported broccoli seeds to plant at Monticello, beginning May 1767.
- The average American eats 4 lbs of broccoli a year.
- The vitamin C in one cup of broccoli is equivalent to an orange, enough for your entire daily intake.

Preparing Broccoli

- Trim tough ends off bottom of stem. Chop crown into desired size or slice stem for longer, larger pieces.
- Cut into small pieces for salads or longer pieces for dipping or snacks.
- Steam broccoli for 3-4 minutes in an inch of water. Remove quickly to ensure retention of flavor and nutrients.
- Broccoli can be roasted until parts of crown become brown.



See RECIPES section on our website for recipe ideas

Storage

- Wash and pat dry, store for 3-5 days in refrigerator.
- Broccoli becomes stalky and fibrous if left too long without eating or cooking.
- To freeze broccoli; cut pieces into desired size and blanch in boiling water for about 3 minutes. Submerge broccoli in cold water immediately and, once cool, pack in a freezer bag or container.

Nutrition Facts

Broccoli is extremely high in vitamin C and fiber and is considered an anti-oxidant for its anti-cancer properties. Broccoli also works as an anti-viral and anti-bacterial, as well as an immune booster from its high levels of carotenoids and beta-carotene.

Nutrition Facts

Serving Size 2 cups chopped (80g)
Servings Per Container

Amount Per Serving

Calories 25 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 3g

Vitamin A 100% • **Vitamin C 120%**

Calcium 4% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

