

# Fresh Broccoli



## Fun facts

Broccoli has been around for more than 2000 years. Although Americans have grown it in their gardens for only 200 years! During the sixteenth century, the plant was grown in France and Italy. In 1923, the D'Arrigo Brothers Company made a trial planting of Italian sprouting broccoli in California. A few crates were sent to Boston and by 1925 the broccoli market was established.

## Test your Broccoli I.Q.

How many broccoli plants can be planted per acre of land?

- a. 30,000
- b. 3,000
- c. Too many to count
- d.  $C=MC^2$

Most broccoli reaches maturity in how many days?

- a. 100-120
- b. 10-12
- c. 365
- d. 0, it never matures

## Crown of Jewel Nutrition

Broccoli is known to be rich in vitamins and minerals. Over the last 25 years, broccoli consumption has increased over 940 percent! Maybe it's because it's a good source of Vitamin A, Potassium, Folicin, Iron and Fiber. Broccoli has as much calcium ounce per ounce as milk. It contains a few important phytochemicals: beta-carotene, indoles and isothiocyanates. What is so important about phytochemicals? Well, phytochemicals prevent carcinogens (cancer causing substance) from forming. They also stop carcinogens from getting to target cells and help boost enzymes that detoxify carcinogens.

### Broccoli

#### Nutrition Facts

Serving Size

1 cup (cooked) (88g)

Amount Per Serving

Calories 25 Calories from Fat  
0

**Total Fat** 0g 0g  
**Saturated Fat**   
**Cholesterol** 0mg 0mg  
**Sodium** 46mg 46mg  
**Total Carbohydrate** 8g 8g  
**Dietary Fiber** 4.5g 4.5g

**Protein** 5g

**Vitamin A** 10% **Vitamin C** 200%  
**Calcium** 6% **Iron** 4%

