

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

BROCCOLI



Italian immigrants introduced broccoli to the United States in the 1800s. However, it did not become widely known until the 1920s. California produces 90% of broccoli in the United States. Broccoli is in the same family of cabbage, kale, and cauliflower. It is an excellent source of vitamins K and C. Broccoli can be boiled, steamed, roasted, and eaten raw. It is good in salads and tasty with cheese.

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