



BROCCOLI

Broccoli has been around for more than 2,000 years and was first grown in Italy. The name broccoli comes from the Latin word brachium, which means "branch" or "arm" Americans have grown broccoli for over 200 years. There are many varieties of broccoli. In the United States the most common type of broccoli is the Italian Green Sprouting variety.

Broccoli is a vegetable which grows as a floret (clusters of flower buds) on stalks (stems). It is also a member of the cabbage family. Broccoli is naturally fat free, cholesterol free, and sodium free. It is a good source of Vitamin A, folate, iron, calcium and fiber.

When you chose broccoli at the grocery store choose bunches that have tight florets and that are dark green, purplish or bluish green. Stalks should be very firm. Broccoli can be eaten raw or cooked. It is great in salads, soups, stews, casseroles, and stir-fries.