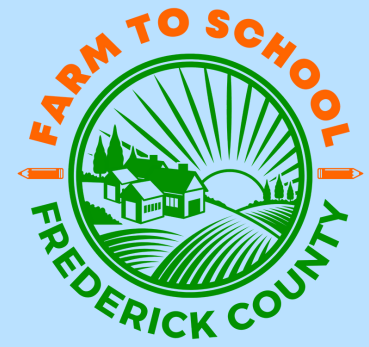
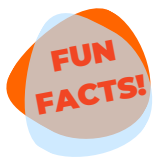


HARVEST OF THE MONTH

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Broccoli



Broccoli is a vegetable in the cabbage family. The most recognizable variety of broccoli is the heading type. The green tree-like structure we eat is the flower of the plant. In fact, all parts of the broccoli plant, like the stalk and large leaves, are edible and nutritious! Other varieties include sprouting, romanesco, and raab.

NOTABLE NUTRITION

Broccoli is a good dietary source of:

Calcium, the most plentiful mineral in our body. The body uses calcium to make our bones which act as a storage site. Critical growth deposit occurs during childhood and adolescence. So, adequate calcium intake is imperative during this period for maximal bone mass and to reduce the risk for osteoporosis later in life.

Vitamin K, a fat-soluble vitamin. While most known for its blood clotting properties, like calcium, Vitamin K is also responsible for healthy bones. One cup of raw broccoli meets the adequate intake of Vitamin K for children of all ages!

READING ROOM

- 1 "I Will Never Not Ever Eat a Tomato" by Lauren Child ; Grades K-2; This book can be acquired through an MD SNAP-Ed educator.
- 2 "We Gather Together" by Wendy Pfeffer; Grades 3-5; Available at Frederick County School Libraries.

HOMEGROWN VARIETIES

All varieties of broccoli grow well in the mid-atlantic region. Plant broccoli in the fall instead of spring to yield a larger harvest!



LINK TO LEARNING!



What's in that Bag? Activity

In this investigation, students will get to touch, smell, and guess the identity of new fruits and vegetables. They will then taste the fruits and vegetables to decide which will be their favorite!

Visit the [University of Maryland Extension SNAP-Ed program website](#) for the FREE lesson plan in the Read for Health Curriculum; (Grades K-2).

Meets National Standards:
Specific curriculum objectives not provided. The RFH lesson plan should be tailored to meet the goals and objectives of the teacher.

Origins of Fall Foods Activity

Students list common vegetables we eat in the fall and write the continent they think they came from. Use the Food Origins chart to determine the correct continent and label the map with the location of each food item.

Visit the [FRESHFARM FoodPrints website](#) for the FREE Fall Harvest Celebrations lesson plan; (Grades 3-5).

Meets National Standards:
Common Core ELA: RI.4.9, SL.4.1

Food	Where do you assume it is from?	Where is it from?



USDA DAILY VEGETABLE RECOMMENDATIONS

CHILDREN

2-4 YRS 1 - 2 CUPS
5-8 YRS 1.5 - 2.5 CUPS

GIRLS

9-13 YRS 1.5 - 3 CUPS
14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS
14-18 YRS 2.5 - 4 CUPS