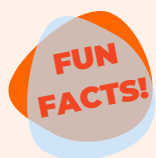


# HARVEST OF THE MONTH

F2SFREDERICK.ORG



## 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!

### PICK, STORE, PREPARE

Choose broccoli heads that are a vibrant green with tight, compact flower buds. While still safe to eat, any sign of yellowing indicates the broccoli has matured past its prime.

Broccoli can be stored in a refrigerator for 10 to 14 days. Broccoli can also be blanched and frozen to be used at a later date.

For a kid-friendly recipe, try roasting broccoli florets. This cooking method preserves water-soluble vitamins and makes a flavorful and crispier vegetable.



# LET'S EAT!

Have your child taste different dips with raw broccoli and vote on their favorite.

Participate with your child in an “Eat your ABCs” activity. Offer slices of apples, broccoli, and carrots to students and have them choose words from a list that describes their taste, like crunchy, sweet, or crispy. Visit our website for the full activity.

## MYPLATE RECIPE

### Broccoli Salad

Makes: 8 servings    Preparation Time: 20 min, 2 hr to chill

#### Ingredients:

- 6 cups broccoli (chopped)
- 1 cup raisins
- 1 red onion (medium, peeled and diced)
- 2 tablespoons sugar
- 8 bacon slices (8 slices, cooked and crumbled, optional)
- 2 tablespoons lemon juice
- 3/4 cup mayonnaise, low-fat

#### Directions:

1. Combine all ingredients in a medium bowl, mix well.
2. Chill for 1 to 2 hours. Serve.



## 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