



**FUN  
FACTS  
ABOUT**

# Broccoli



- Broccoli are vegetables which grow as florets (clusters of flower buds) on stalks (stems).
- Choose fresh broccoli with a firm stem and tightly packed, dark green heads.
- Fresh broccoli is available year round but may be freshest and cost less when in season. In Iowa, this is usually in June and July.
- Broccoli is an excellent source of vitamins A, C and K.
- Broccoli can be eaten many ways: raw, roasted, steamed, microwaved, air-fried, sauteed or boiled.

