

Louisiana HARVEST *of the* MONTH



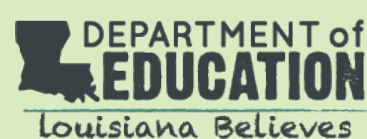
Broccoli

Fun Facts About Broccoli!

- Broccoli is in the same family as cabbage, cauliflower, Brussels sprouts and kale.
- Broccoli has been grown in the Mediterranean region since ancient Roman times.
- Darker-colored broccoli florets contain more beta carotene and vitamin C than paler, yellowing florets

Broccoli Is Nutritious and Good for You!

- Good source of vitamins A, B2 and B6.
- Excellent source of vitamin C, vitamin K and folate.
- Good source of potassium, fiber, phosphorus and manganese.



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