Broccoli

What am I?

Broccoli is a green vegetable with a few different varieties: Calabrese, broccoli Rabe, and Broccolini.

How do I grow?

- Broccoli grows in cool seasons.
- In Wisconsin, the growing season for broccoli is June through October.
- The large head of a broccoli plant is harvested before it begins to bloom yellow flowers.

Nutrition Facts

Broccoli is a cruciferous vegetable rich many nutrients. It is a good source of vitamin C, vitamin K, and vitamin A. These are important for our skin, eyes, and blood. Enjoy it raw as a snack, in salads, or cooked in stir-fries or as a side dish.

Fun Facts

- Broccoli is related to cauliflower, cabbage, Brussels sprouts and Bok choy.
- Broccoli was originally grown in the Mediterranean region.

WISCONSIN DEPARTMENT OF
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