



November is Broccoli

Nutrition & Health Benefits

- **Vitamin K** - Needed for blood clotting and preventing excessive bleeding.
- **Fiber** - Helps to keep digestion running smoothly.
- **Vitamin C** - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.

Preparation & Cooking Tips

- Select** - Choose broccoli with dark green tops and firm stalks.
- Store** - Refrigerate and use within 3-5 days.
- Prepare** - Rinse under cool, running water, dry, and cut the head off the stem.

Did you know?

- Broccoli has been grown for over 2,000 years and was a favorite vegetable of the Romans.
- The name broccoli comes from the Latin word "brachium", meaning arm or branch.
- Fresh broccoli grown in Wisconsin is available from July through mid-October.

Fun Facts

- Broccoli heads are made up of little buds that are ready to flower. If it is not harvested in time, it will turn into a head of yellow flowers!
- The stem and leaves of the broccoli plant are edible.
- Broccoli is a member of the Cabbage family.

TASTE



taste testing: I Can Eat a Whole Plant

Supplies: A paper outline of a plant, including the roots, stem, leaves, flowers, seeds, and fruit. The outline should be large enough that foods can be placed within the outline. A food to represent each of the plant parts listed above. Examples - carrots or sweet potatoes (roots); celery or asparagus (stem); spinach or kale (leaves); broccoli or cauliflower (flower); corn or peas (seeds); strawberry or blueberry (fruit).

Procedure: Provide kids with a paper outline of the plant and one of each food item. Kids work to place each food item on the plant outline. The goal is to build a plant and understand the basic concept that all our food comes from different parts of the plant. After completing the plant, kids can taste each plant part.

— Credit: Natasha Zill, RD Nutrition Education Manager, Nourish Farms



fit families

Eat healthy • Be active • Your kids are watching

FUN



Nutritious,
Delicious,
Wisconsin!

activity: The Six Plant Parts

Objective: Kids will identify the six main plant parts that people eat and provide examples of each.

Read book: *The Vegetables We Eat* by Gail Gibbons

Discussion: The book shares the six main parts of the plant.

- Ask students if they can list the six parts of the plant and provide an example of each one. There are six main plant parts that people eat - seeds, roots, stems, leaves, flowers, and fruit. The following are edible examples of each plant part: bean (seed), carrot (root), asparagus (stem), spinach (leaf), cauliflower (flower), and apple (fruit).
- What part of the plant is broccoli? Flower
- Can you name any other flowers that we eat? Cauliflower, violets, and squash blossoms.

For more fun, play the song "ROOTS, STEMS, LEAVES" by the Banana Slug String Band. Listen at: <https://bananaslugs.bandcamp.com/track/roots-stems-leaves>.

— Adapted from Vermont Harvest of the Month



This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: Share a video of *The Vegetables We Eat* read aloud: <https://youtu.be/LN5pUARHKlw>

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.

READ



books

- *Monsters Don't Eat Broccoli* by Barbara Hicks
- *The Boy Who Loved Broccoli* by Sarah A. Creighton
- *The Vegetables We Eat* by Gail Gibbons



Roasted Broccoli

Ingredients:

- 1 Pound Broccoli Florets (or about 4 cups florets chopped off a head of broccoli)
- 2 Tablespoons Olive Oil
- Optional Flavorings (salt, cheese, lemon juice, sesame seeds, and/or black pepper)

Directions

1. Preheat oven to 400 degrees F.
2. Place the broccoli onto a rimmed baking sheet and toss with olive oil until all florets are lightly coated with oil.
3. Roast for 16-18 minutes or until tender when poked with a fork, lightly browned, and slightly crispy on the edges. Add Parmesan cheese for the last two minutes, if desired.
4. Sprinkle with desired flavorings (salt, cheese, lemon juice, sesame seeds, and/or black pepper).



Information adapted from Wisconsin Harvest of the Month.

<https://www.yummytoddlerfood.com/quick-easy-roasted-broccoli/>