

# FRESH PICKS®

## April: Broccoli

Name: Broccoli

Plant Family: Brassicaceae

Scientific Name: *B. oleracea*



### Why Eat Broccoli?

One cup of raw broccoli provides many vitamins and minerals such as potassium, folate, iron and soluble fiber, as well as several phytochemicals like beta carotene.

Broccoli provides over 130% of the daily recommended value for vitamin C, almost as much as one medium orange.

Broccoli is also a source of vitamin A, important for good eye health.

Green fruits and vegetables are good for gastrointestinal health and can help prevent cardiovascular disease.

### Did You Know?

Broccoli is a member of the cabbage family Brassicaceae. The most common varieties of broccoli include Calabrese and purple sprouting broccoli. The name broccoli comes from the word Latin “brocco” which means branch or arm. The word “broccoli” is plural and refers to the numerous flower-like shoots the plant produces. Known as a cole crop, broccoli is grown for the head it produces.

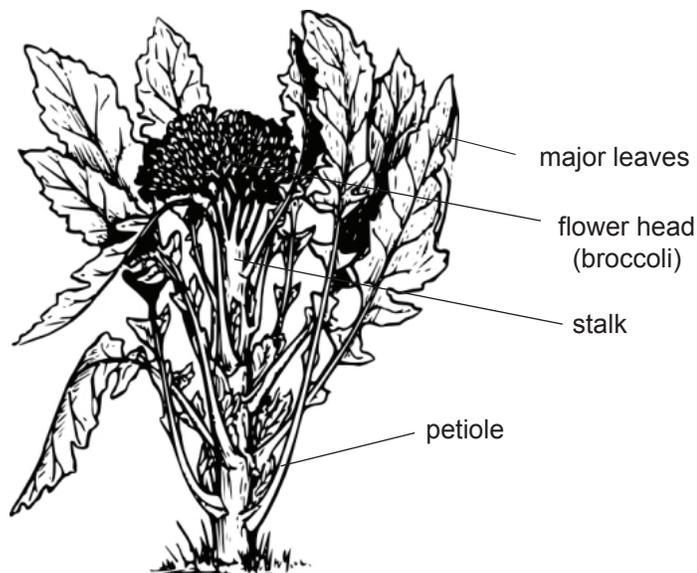
### How Many Servings of Vegetables Do I Need Every Day?

Girls: 1½ cups / Boys: 1½ cups - 2 cups

[www.choosemyplate.gov/food-groups/fruits.html](http://www.choosemyplate.gov/food-groups/fruits.html)

## How Does Broccoli Grow?

Broccoli grows well in the spring and fall when temperatures are cooler (between 60°F and 70°F during the day), but is vulnerable to frost, especially when young. Broccoli is grown from seed and most varieties mature in 1-2 months. Broccoli plants produce clusters of bright yellow flowers to attract insects, which then transfer pollen from plant to plant. Broccoli roots grow near the top of the soil, requiring frequent light watering. Broccoli is harvested during cooler months to ensure longer storage times and broccoli heads are cooled immediately after harvest to prevent discoloration.



## Fun Facts About Broccoli

-  Broccoli is a very popular garden vegetable, mostly because it is so easy to grow.
-  Broccoli has been around for over 2,000 years.
-  On average, Americans eat 4 pounds of broccoli every year.
-  Though it has been around for centuries, broccoli wasn't really known in America until the 1920's.

## Fitness Focus: Activity Gives You Energy!

Feeling a little fatigued in the late afternoon is common for many people. Students with low energy levels may find it hard to concentrate in class and lower energy and fatigue can have an impact on our health, leaving us more susceptible to physical or mental illness. Many people turn to some sort of caffeine to combat their fatigue, but did you know that exercise can help fight off the afternoon slump and increase energy?!

A recent study looked at an alternate way to boost mental clarity and energy. The study found that just 10 minutes of low-to-moderate intensity stair walking provided an increased feeling of energy that surpassed an alternate group who consumed 50 mg of caffeine. Taking 10 minutes to walk up and down the stairs, go for a short walk, or for the lucky individuals with afternoon gym class might be an achievable way to increase your energy in the afternoon!

## Coming Up Next Month: Pineapple



### SOURCES

[www.broccoli.com](http://www.broccoli.com); [www.kidshhealth.org/teen/food\\_fitness](http://www.kidshhealth.org/teen/food_fitness); [www.harvestofthemonth.cdph.ca.gov/index.asp](http://www.harvestofthemonth.cdph.ca.gov/index.asp); [www.fruitsandveggiesmorematters.org/broccoli](http://www.fruitsandveggiesmorematters.org/broccoli)