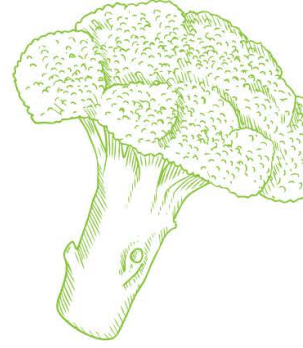


Harvest
OF THE MONTH
FARM TO SCHOOL



B R O C C O L I

NOVEMBER,
2021

NUTRITION

Broccoli is considered a superfood, and is loaded with lots of fiber, antioxidants to fight cancer, and vitamin C to aid in iron absorption. It is also a good source of vitamin K and calcium, two vital nutrients for maintaining strong, healthy bones!

FUN FACTS

- Italian immigrants first introduced broccoli to the US in the 1800s
- California produces almost all of the broccoli sold in the US.
- While broccoli is a vegetable, the florets that we eat, are a bunch of tiny flowers of the plant!



ROASTING RECIPE

Prep Time: 5 mins

Cook Time: 20 mins

Total Time: 25 mins

Ingredients

- 1 head broccoli (~1/2 lbs)
- 3 tablespoons olive oil
- Salt, to taste
- Black pepper, to taste

Instructions

1. Preheat oven to 425°F.
2. Wash broccoli and dry thoroughly.
3. Cut into medium-sized spears and coat with olive oil.
4. Spread onto baking sheet and sprinkle with salt and pepper.
5. Bake for 10 minutes, flip each piece over, and bake for 10 more minutes. Serve and enjoy immediately.

Recipe found at:
<https://www.rachelcooks.com/roast-broccoli-best-broccoli-ever/>

RAW SALAD RECIPE

Prep Time: 10 mins

Chill Time: 1 - 2 hours

Total Time: 2 hours, 10 mins

Ingredients

- 6 cups broccoli (chopped)
- 1 cup raisins
- 1 red onion (medium, peeled and diced)
- 2 tablespoons sugar
- 2 tablespoons lemon juice
- 3/4 cup mayonnaise, low-fat
- Optional; 8 bacon slices (8 slices, cooked and crumbled)

Instructions

1. Combine all ingredients in a medium bowl once they are cleaned, prepped and ready.
2. Mix well!
3. Chill for 1 to 2 hours.
4. Serve and enjoy.

Recipe found at:
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-salad>