What is in it for you?
Broccoli has been nicknamed the “Crown Jewel of Nutrition.”
One cup of raw chopped broccoli provides:

- More than 130 percent of the Daily Value for Vitamin C, promoting healing and a healthy immune system.
- A good source of Vitamin A, a central component of vision health.
- Several important phytochemicals, including beta carotene, to boost the enzymes in our bodies that detoxify and prevent the formation of cancer causing carcinogens.
- A source of potassium, folate, iron and soluble fiber, which aid in everything from vision and growth to circulation and digestion.

Broccoli Facts
- People worldwide are eating over 940 percent more broccoli today than 25 years ago.
- Today, the average person in the United States eats 4.5 pounds of broccoli each year.
- Broccoli is one of the most popular garden vegetables to date, mostly because it is very easy to grow.
- Broccoli is one of the few vegetables that are available year-round.
- Broccoli is a cool season crop. It can be grown as a spring or fall crop, and is most abundant from October through May.

A Spear of Broccoli History
Broccoli has been around for over 2,000 years and has been grown in the United States for more than 200 years. Thomas Jefferson (the third U.S. President) was an avid gardener and seed collector and grew broccoli at his Virginia home, Monticello, prior to taking office in 1801. Despite its popularity through the years, few people knew about broccoli in the United States until the 1920s, when the first commercially grown broccoli was grown and harvested in Brooklyn, New York.

Cooking in School: Broccoli Salad
Combine the following ingredients in a medium bowl: 6 cups raw broccoli, cut into pieces; 1 cup raisins; 1 medium red onion, peeled and diced; 3 T. sugar; 2 T lemon juice; and ¾ C low-fat mayonnaise (Optional: 8 slices bacon or turkey bacon, cooked and crumbled). Mix well and serve immediately. Makes 36 tastes at ¼ cup each.

Note: The Market Basket of the Month Promotions Kit contains additional information, including the full Educator’s Guide with additional botanical and historical facts, “Reasons to Eat” mini-posters, an enlarged botanical diagram, and trivia questions. Ask your school principal or school district food service director for the location of your school’s kit; or email Joe Anne Ward-Cottrell (mwardcottrell@wellspan.org) for more information.

Market Basket of the Month is a Growing Healthy Kids initiative, coordinated by the Community Health Improvement department of WellSpan Health. To view the monthly family newsletters, go to your school’s website or www.wellspan.org/marketbasket.