

Harvest of the Month BROCCOLI

HISTORICAL TIDBIT -

Calabrese broccoli, the most common variety grown in Nebraska, is named after Calabria, Italy, where it first sprouted. People have been enjoying these "little trees" since Roman times—that's over 2,000 years of history!



SPROUT-TACULAR! -

Sprouting broccoli comes in green and purple varieties, with smaller heads and thin stalks that make it extra tender and tasty.



DID YOU KNOW? -

Nebraska's cool spring and fall seasons allow broccoli to grow into a flavor-packed, nutrient-powered super veggie!



Farm to School
NEBRASKA