

South Carolina



Farm



to



School

FEBRUARY



DESCRIPTION

Broccoli, a cousin of the cauliflower, is a member of the cabbage family. This tree-like structured plant can range from purple-ish green to dark green.

Broccoli grows well in South Carolina because of the 65-75° degree weather.

Information from:

<https://exploringberkeley.wordpress.com/category/restaurants-and-food/>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=9>

<http://www.kappit.com/tag/funny-broccoli-jokes/>

<http://www.clemson.edu/extension/hgic/plants/vegetables/crops/hgic1301.html>

Palmetto Pick of the Month: BROCCOLI

HISTORICAL FACTS

Broccoli originated in Italy. Its edible flowers were appreciated by the Italian immigrants who brought it to the New World during the colonial times.

HEALTH BENEFITS

Broccoli has powerful antioxidants that remove toxins from the body! It also has an amazing combination of Vitamin A and Vitamin K.

HARVEST TIPS

A broccoli transplant should be harvested 65-70 days after planting. When the main head is 3-6 inches in diameter and the flower buds are still closed, just cut the main stem about six inches below the tip of the head!



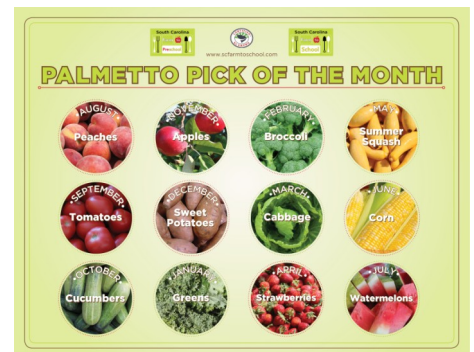
QUOTE

"In broccoli we trust."

-Unknown

PALMETTO PICK OF THE MONTH SNACK

Dip fresh broccoli in dressing, hummus, or enjoy it by itself!



SC Farm to School put together a harvest of the month program called *Palmetto Pick of the Month*.

