

## South Carolina



Farm

to

School



# Palmetto Pick of the Month BROCCOLI

## FEBRUARY



### DESCRIPTION

Broccoli is a cruciferous vegetable, cousin to the cauliflower and the cabbage! This tree-like structured plant can range from purple-green to dark green in color. Broccoli grows well in South Carolina's climate.

### PREPARING

Choose broccoli with clusters that are not too compact or bruised with a firm stem. Always refrigerate broccoli to keep it fresh and preserve nutrients. Wash broccoli under cold water before cooking longer.

### GROWING BROCCOLI

**Sun Exposure: Full Sun**

**Soil Type : Sandy**

**Soil pH: Acidic to Neutral**

Broccoli is a cooler season crop that requires sun and moist soil. Plant seeds around an inch into the soil during the fall or early spring. Be sure to plant each seed 12 to 23 inches apart. Harvest 2-3 months after planting. The head of the plant should be between 3-6 inches around and the flower buds will still be closed. Cut the main stem about 6 inches below the tip of the head.

### HEALTH BENEFITS

Broccoli is a great source of vitamins K and C, potassium, and folate. It packs a lot of fiber and antioxidants that help remove toxins from the body.



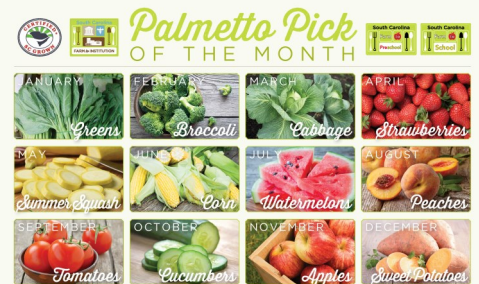
### BOOKS

*Monsters Don't Eat Broccoli*  
by Barbara Jean Hicks

*The Boy Who Loved Broccoli*  
by Sarah Creighton

### PALMETTO PICK OF THE MONTH SNACK

Dip fresh broccoli in hummus for a healthy, nutritious snack!



FOR MORE INFORMATION ABOUT OTHER FRUITS AND VEGETABLES AVAILABLE IN SOUTH CAROLINA EACH MONTH, PLEASE VISIT [CERTIFIEDSCGROWN.COM](http://CERTIFIEDSCGROWN.COM)

FOR MORE INFORMATION ABOUT FARM TO INSTITUTION, INCLUDING RECIPES, PLEASE VISIT [SCFARMTOINSTITUTION.COM](http://SCFARMTOINSTITUTION.COM)