



# HealthiestWeight

Morning Announcement  
January 2015

Food for Thought

Healthy Food of the Week

Broccoli

Broccoli is a vegetable that is grown for its clusters of unopened flower buds and flower stalks that are eaten either cooked or raw. This plant is grown in the coolest months of the year in Florida and is a vegetable crop that is probably grown more by farmers here than in most other areas of the country.

As a home grown vegetable, broccoli is a bountiful plant which will continue to grow side shoots for several months after the main center broccoli head is cut from the plant, about 60 to 100 days after planting. The central broccoli flower head is harvested when the flower bud has not bloomed yet and it is still tight and compact.

Raw broccoli is great in salads, eaten with dip or chopped up and put on top of pizza before putting it in the oven. It can be cooked with cheese, added to scrambled eggs, or wrapped in a whole wheat tortilla with egg and cheese for a delicious breakfast burrito.

Broccoli is an excellent source of vitamin A, vitamin C, vitamin K and folate. Folate is a vitamin that helps make healthy red blood cells in the body and which also may help protect against heart disease.

If you are looking for this delicious vegetable in the produce stand or grocery store choose broccoli with a firm stem and tightly packed flowers that are dark green.

Winter is the season in Florida to enjoy fresh broccoli which is a beautiful flower and also a nutritious vegetable!

**Remember: Make 5-2-1-0 your goal every day.**

- 5** - Fruits and vegetables a day (including broccoli)
- 2** - Only 2 hours or less of screen time a day (TV, computers, video games)
- 1** - One hour of physical activity a day
- 0** - Sugar-sweetened drinks (drink more water and non-fat milk)

References:

<http://edis.ifas.ufl.edu/mv031>: Broccoli Brassica oleracea L. (Italica group)

<http://harvestofthemonth.cdph.ca.gov/broccoli>

