

Harvest of the Month

Network for a Healthy California

Botanical name: *Brassica oleracea*



BROCCOLI February

Broccoli Activities

Circle all of the meals on the menu that contain broccoli.



- How many meals did you find?
- How many different ways can you think of to eat broccoli?
- How much broccoli do you plan to eat this week?

Neighborhood House Association

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	Whole Grain Bagel, Cream Cheese, Sliced Apples, & Milk	7 Grain Kashi, Banana, & Milk	Bran Muffin, Sliced Strawberries, & Milk	Honey Granola, Papaya Chunks, & Milk
	Vegetarian Lasagna Style Fusilli, Fresh Broccoli & Cauliflower Duet with Sundried Tomato Yogurt Dip, & Milk	Turkey Gumbo with Red Beans & Rice, Succotash, Fruit Jambalaya, & Milk	Roasted Cod with Pomodoro Sauce, Basil Egg Noodles, Roasted Citrus Zucchini, Fresh Orange, & Milk	Spinach Cheddar Bake, English Muffin, California Salad with Tomato Basil Vinaigrette, Fresh Sliced Apples, & Milk
	Tropical Fruit Ambrosia & Water	Fresh Creamy Broccoli Soup with Pita Triangles & Water	Cottage Cheese with Golden Raisins & Cranberries, Graham Crackers, & Water	Turkey Salad with Wheat Crackers & Water
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
7 Grain Honey Puffs, Fresh Pear, & Milk	English Muffin, Raspberry Cream Cheese, Orange, & Milk	Toasted Oats, Banana, & Milk	Bran Muffin, Sliced Apples, & Milk	Holiday!
California Cassoulet, Multi Grain Roll, Romaine Salad with Chive Vinaigrette, Fresh Melon Medley, & Milk	Chicken Fajita, Corn Tortilla, Tomato Rice, Oregano Cilantro Cabbage Salad with Ranch Dressing, Fresh Pear, & Milk	Philly Steak Sandwich on Hoagie, Red Rose Chive Mashed Potato, Fresh Apple Slices, & Milk	Homemade French Toast Sticks with Vanilla Yogurt, Cherry, Peach, Pineapple Compote, & Milk	
Tropical Fruit Snack & Milk	Cannellini Bean, Roasted Red Pepper Dip with Wheat Cracker, & Water	Pinto Bean Soup with Tortilla Chips & Water	Cheddar Broccoli Cheese, Orange, & Water	
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Kashi Strawberry Fields, Fresh Pear & Milk	Bran Muffin, Sliced Apples, & Milk	Granola, Cherry Mango Compote, & Milk	Toasted Oats, Banana, & Milk	Kashi Heart to Heart, Oranges, & Milk
Bean Taco, Chopped Romaine Salad with Cilantro Ranch Dressing, Papaya Coriander Fruit Cup, & Milk	Tricolor Rotini with Mushroom Beef Bolognese Sauce, Spinach Cranberry Salad with Raspberry Vinaigrette, Steamed Lemon Pepper Cauliflower, & Milk	Apple Gouda Chicken Penne Pasta, Thyme Scented Broccoli Vegetable Mélange, Fresh Pears, & Milk	Teriyaki Glazed Cod, Brown Rice, Curry Scented Baby Lima Beans, Orange, & Milk	Red Chili Braised Beef, Coriander Scented Rice with Chives, Chopped Romaine, Cilantro Ranch Dressing, Fresh Pear, & Milk
Pineapple Citrus Salad & Milk	Cilantro Cumin Chicken Salad with Pita Triangles, & Water	Pumpkin Soup with Croutons & Water	Ginger Mango Fruit Cup with Yogurt & Water	Sweet Potato Yogurt, Graham Crackers, & Milk
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Holiday!	English Muffin, Raspberry Cream Cheese, Orange, & Milk	Toasted Oats, Banana, & Milk	Multi Grain Bagel, Cream Cheese, Peach-Mango Compote, & Milk	Kashi Strawberry Fields, Peaches, & Milk
	Turkey in Sun Dried Tomato Sauce with Penne Pasta, Fresh Cauliflower Florets, Carrot Coins, Mixed Salad with Tarragon Drizzle, & Milk	Piccadillo Creole, Basmati Rice, Cumin carrots, Fresh Orange, & Milk	Vegetarian Black Bean Chile Verde, Spanish Rice, Chopped Romaine, Green Chile Vinaigrette, Papaya Cup, & Milk	Chicken Coconut Curry, Brown Rice, Oregano Scented Green Peas, Coriander Cabbage Salad with Sesame Dressing, & Milk
	Broccoli Yogurt Dip with Celery Sticks & Water	Roasted Corn Chowder, Multi Grain Crostini, & Water	Tuna Tostada & Water	Granola Yogurt Parfait with Blueberries & Water
Monday 28	Happy Birthday! Celebrate by enjoying Mango Blueberry Grump			
Corn Chex, Fresh Pear, & Milk				
Spaghetti with Sicilian Meat Sauce, Roasted Zucchini with Mushrooms, Caesar Salad, & Milk				
Cilantro Hummus with Stacy's Pita Chips & Water				

BROCCOLI ACTIVITIES



Nutrition Facts

Serving Size: 1 cup, chopped (91g)	
Calories 31	Calories from Fat 3
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Vitamin A 11%	Calcium 4%
Vitamin C 135%	Iron 4%

Source: www.nutritiondata.com



Broccoli Brain-Buster

(answers below)

- Broccoli is dark green. This means it is very high in _____.
A.) water B.) air C.) nutrients D.) green particles
- Broccoli provides _____.
A.) fiber B.) calcium C.) Vitamin C D.) all three
- Which state grows the most broccoli for the United States?
A.) California B.) Texas C.) Ohio D.) Florida

Answers: 1. C, 2. D, 3. A

California Food Fun

California produces more than 250 crops and livestock products and is the #1 agricultural state in the country.

Unscramble the letters of some of these fruits and vegetables:

- NRAGOES _____
- AGPRES _____
- IERAWBSTRES _____
- EHACPSE _____
- RPEAS _____
- EYRELC _____
- NAISRIS _____
- LPMUS _____
- AINCTEERNS _____
- URECOFILALW _____

Answers: 1. oranges, 2. grapes, 3. strawberries, 4. peaches, 5. pears, 6. celery, 7. raisins, 8. plums, 9. nectarines, 10. cauliflower.

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Broccoli is in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include broccoli, spinach, asparagus, green peppers, snap peas, zucchini, okra, Swiss chard, bok choy, avocados, green apples and kiwis.

What is a Serving?

A serving of broccoli is one cup chopped broccoli. This is about two cupped handfuls.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.