

BROCCOLI



- ◆ Broccoli is one of the healthiest green vegetables. It's versatile, inexpensive and taste great.
- ◆ The word broccoli comes from the Latin word brachium and the Italian word braccio, which means "arm".
- ◆ [Tom "Broccoli" Landers](#) holds the current world record for eating 1 pound of broccoli in 92 seconds.
- ◆ It's versatile in the kitchen, both as handy snacks, in soups, in salads, and finely chopped in homemade pesto.
- ◆ California produces almost all the broccoli sold in the USA. Americans eat an average of 4# broccoli a year that's 900% more than 20 years ago!
- ◆ Broccoli is a type of vegetable that has heads of small green or purple heads. It comes in a variety of colors, ranging from deep sage all the way to dark green and purplish-green.
- ◆ According to nutritionists, one cup of broccoli provides about 75 milligrams of calcium and about 1.2 milligrams of iron. About 5 grams of protein can be secured from the consumption of about 1 cup of cooked broccoli.