



ACTIVITY GUIDE

BROCCOLI

LEARN



Romanesco

facts

- Spanish translation: *El brócoli* • Hmong translation: *Zaub Paj*
- Broccoli has been grown for over 2,000 years and was a favorite vegetable of the Romans.
- The name broccoli comes from the Latin word "brachium", meaning arm or branch.
- Broccoli heads are made up of little buds that are ready to flower. If it is not harvested in time, it will turn into a head of yellow flowers! The stem and leaves of the broccoli plant are also edible.
- Two other types of broccoli are broccolini, a cross between broccoli and Chinese broccoli, and Romanesco or Broccoflower, a cross between broccoli and cauliflower.



Broccolini

EAT



nutrition & seasonality

• Key nutrients:

Fiber - Keeps digestion running smoothly.

Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects cells from damage.

Vitamin K - Needed for blood clotting, preventing excessive bleeding.

- Fresh broccoli grown in Wisconsin is available from July through mid-October.

TASTE



taste testing: I Can Eat a Whole Plant

Supplies: A paper outline of a plant, including the roots, stem, leaves, flowers, seeds, and fruit. The outline should be large enough that foods can be placed within the outline. A food to represent each of the plant parts listed above. Examples - carrots or sweet potatoes (roots); celery or asparagus (stem); spinach or kale (leaves); broccoli or cauliflower (flower); corn or peas (seeds); strawberry or blueberry (fruit).

Procedure: Provide kids with a paper outline of the plant and one of each food item. Kids work to place each food item on the plant outline. The goal is to build a plant and understand the basic concept that all our food comes from different parts of the plant. After completing the plant, kids can taste each plant part.

— Credit: Natasha Zill, RD Nutrition Education Manager,
Nourish Farms



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FUN



Nutritious,
Delicious,
Wisconsin!

activity: The Six Plant Parts

Objective: Kids will identify the six main plant parts that people eat and provide examples of each.

Read book: *The Vegetables We Eat* by Gail Gibbons

Discussion: The book shares the six main parts of the plant.

- Ask students if they can list the six parts of the plant and provide an example of each one.
There are six main plant parts that people eat - seeds, roots, stems, leaves, flowers, and fruit. The following are edible examples of each plant part: bean (seed), carrot (root), asparagus (stem), spinach (leaf), cauliflower (flower), and apple (fruit).
- What part of the plant is broccoli? Flower
- Can you name any other flowers that we eat? Cauliflower, violets, and squash blossoms.

For more fun, play the song "ROOTS, STEMS, LEAVES" by the Banana Slug String Band. Listen at: <https://bananaslugs.bandcamp.com/track/roots-stems-leaves>.

— Adapted from *Vermont Harvest of the Month*



This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: Share a video of *The Vegetables We Eat* read aloud: <https://youtu.be/LN5pUArHKlw>

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.

READ



books

- *Monsters Don't Eat Broccoli* by Barbara Hicks
- *The Boy Who Loved Broccoli* by Sarah A. Creighton
- *The Vegetables We Eat* by Gail Gibbons



GARDEN CONNECTION

planting

Plant broccoli by sowing seeds directly in the garden or by transplanting seedlings started in a greenhouse. Broccoli enjoys cool weather. It can be grown in the spring or fall, but it is easily affected by frost. Space seedlings 18-24 inches apart. Broccoli roots grow near the soil surface, so it is important to maintain consistent soil moisture.

harvesting

Harvest broccoli as soon as the head, which is a cluster of unopened flower buds, is a decent size and has a deep green color. Be sure to harvest when the flower buds have swollen but are still tightly closed (before you see yellow flowers!). Cut the main head with a 5-6 inch stem. Removing the central head stimulates the side shoots to develop for later pickings. You can usually continue to harvest broccoli for several weeks.